



Ditch the ‘How Was Your Day?’

Conversation Starters to Use With Your Tweens

Navigating adolescence can be hard. When talking with your children at this stage, it is very important to model open communication (and listening). This will be important when difficult moments eventually arise.

Below are some sample conversation starters to use with your child at the dinner table, on a walk, on the couch, in the car, or anytime you have a moment to talk.

- I saw the funniest meme today on social media. What’s something funny you saw today?
- What would a perfect day look like for you?
- What is one of your favorite memories? What’s one of your favorite memories of us together?
- I connected with an old middle school friend on Facebook today. We had so much fun together and she helped me through some tough times. What are some qualities that you feel are important in a friend?
- If you had to pick a food that described your personality, what would it be?
- What do think is a good age to date? Do you think you’re ready to date? Why do you feel that way?
- On a scale of 1 to 10, rate your day. Why did you rate your day that way?
- What’s something you wish we did more of?
- Where do you see yourself in 10 years?
- If you won a million dollars, what would you do?
- What do you feel is a really important quality a person should have?
- What are you looking forward to experiencing in middle/high school? What is something you’re nervous about?

Remember, these are just samples. Adjust them to fit your own personal experiences to help you lead into the question naturally and better to relate to your child.