



Pillow TALK

for kids

CONNECT WITH YOUR KIDS

before turning out the lights

Tips for Meaningful Conversations with Kids

- **Let everything else go...**

Take a few minutes to relax and enjoy the conversation at their pace. Remind yourself that they are your focus and give them your undivided attention.

- **Listen more than you speak.**

We spend a lot of time talking to our kids, take a step back and let them do the talking. This is a great time to let them feel heard.

- **Talk about THEIR interests.**

The conversation might take an unexpected turn or two. Just go with it and talk about what interests them. Get to know your child on a different level!

- **Ask and answer questions.**

Ask questions and follow up questions to really understand their point of view and to inspire deeper thinking. Let them lead the conversation. If children ask questions, be thoughtful in your response.

- **Keep it positive!**

You want the kids to be able to go to bed on a happy note, so make sure that any conversations you have stay positive. Make a note of constructive things you may want to discuss at a later time.

- **Imagine solutions together.**

Don't dismiss their concerns. If your child does bring up a concern or a problem, tackle the problem together.

Pillow
TALK
for kids
ALL ABOUT YOU

How were you brave today?

Who is your hero? Why?

What is 1 thing you would like to learn to do well?

What makes you different?

What are your strengths?

Pillow
TALK
for kids
SCHOOL

What do you wish you could do more of at school?

What was the best part of lunch?

What is the best thing about your teacher?

How did you get to be a helper today?

Did you learn anything today?

Pillow
TALK
for kids
DREAM BIG

If you could have 1 wish, what would it be?

If you won \$1000, how would you spend it?

If you could live anywhere in the world, where would it be?

What do you like to dream about?

What animal would you be and why?

Pillow
TALK
for kids
DIG DEEP

What do you do when people don't seem to like you?

When did someone hurt your feelings?

How can you help someone going through a hard time?

What was the hardest part of your day?

What are you most proud of?

Pillow
TALK
for kids
THINK OF OTHERS

Who is the kindest person you know? Why?

Who would you like to get to know better?

Did you notice anyone struggling today?

What makes a good friend?

Who did you compliment today?

Pillow
TALK
for kids
CAN YOU IMAGINE

If you were the size of a bug?

If magic was real, what would you do?

What you want to be when you grow up?

Your dream vacation?

Living without electricity?

Pillow
TALK
for kids
COURAGE & KINDNESS

What color crayon did you use most today?

What does it mean to have courage?

Can you think of something you wish you had done today?

What's 1 kind thing you want to do tomorrow?

What are your strengths?

Pillow
TALK
for kids
FUN & GAMES

What is your favorite game to play?

What is something funny you saw today?

Where is your favorite place to play?

What is your favorite toy?

What do you like to do for fun?

Pillow
TALK
for kids
KEEP IT REAL

What are you grateful for?

What are your goals for this year?

How can you tell when you're getting angry?

Are you feeling sorry about anything?

What 3 words best describe you?

Pillow
TALK
for kids
TEACHER

If you were the teacher what would you do?

Did your teacher call on you today?

What's something your teacher said today?

What did your teacher wear today?

What does your teacher do to help you?

Pillow
TALK
for kids
TENDER TOPICS

Who do you talk to when you have a problem?

What do you do when you're stressed?

What's the best compliment you have ever received?

What made you feel happy today?

Do you think its okay to cry?

Pillow
TALK
for kids
FAMILY LIFE

How would you describe your family?

What 3 words best describe you?

What do you wish your parents knew about you?

How do you contribute to the family?

What is your happiest memory?