

How can I make you feel more heard?

Our kids are amazing, aren't they? They accomplish amazing things and we are so proud of them... and we like to express that to others. And there's nothing wrong with being proud of our kids, but the problem is that if our kids only hear us talking about their accomplishments, they may feel they can't come to us when they're struggling. Which is why this question is SO POWERFUL.

Below are some follow up questions to ask. Reassure your teen or tween that you want them to be honest. That you won't get mad. That you just want to be the best possible parent for them.

- Are you ever afraid of my reaction?
- Do I interrupt you?
- Am I distracted when we're talking, making you doubt whether I'm really listening to what you're saying?
- Do I jump right into trying to fix it rather than just letting you vent?
- Do you ever feel like I'm going to judge you?
- What could I do differently?
- What do you need from me?



Dinner Table MBA
Where Conversations Start