



All parents have heard the one- or two-word response to their question, “How was your day at school?” Sometimes it was “good”, “fine” or just “OK,” and the response to, “What did you learn today?” is usually “nothing.” Communicating with your child can be frustrating at times, but it is a great way to take an interest in what happens to your child during the day and can help children develop good communication skills that will enable them to talk to other kids, teachers or adults.

How can you engage your child in conversation and learn more about their daily events? [Kansas State research & Extension](#) recommends these easy tips to try with your child:

Give them your full attention. Turn off those electronic devices with all of their sounds, alarms and noises.

Listen fully: It can be hard to slow down and listen and not think about what to say next. Give your child time to respond and listen to what they are not only saying, but how they are saying things

Talk with, not at. What might not be a big deal to us can be a very big deal to them. Try not to label things as silly or childish; instead, talk about how your child feels and help them think about how they might be able to solve their problem or help them think of other options or solutions.

Be available. When your child comes to talk to you, make every effort to make yourself available

Ask open-ended questions. Instead of saying, “How was your day?” which can be answered with one word, try things like:

- What did you eat for lunch?
- What games did you play at recess?
- Did you catch anyone picking their nose?
- Which one of your teachers What was the funniest thing that happened today?
- Did anyone do anything super nice for you?
- What was the nicest thing you did for someone else?
- Who made you smile today?
- Which one of your teachers would survive a zombie apocalypse? Why?
- What new fact did you learn today?
- Who brought the best food in their lunch today? What was it?
- What challenged you today?
- If school were a ride at the fair, which ride would it be? Why?

- What would you rate your day on a scale of 1 to 10? Why?
- If one of your classmates could be the teacher for the day who would you want it to be? Why?
- If you had the chance to be the teacher tomorrow, what would you teach the class?
- Would survive a zombie apocalypse? Why?
- If you had the chance to be the teacher tomorrow, what would you teach the class?

For more information go to the Wildcat Extension District website at www.wildcatdistrict.k-state.edu or call 620-724-8233.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus, Manhattan.