

Get Curious

A simple way to create more connection at home, in school, and in the community.

What Is It?

It's a real, warm, non-intrusive interest in someone's inner world. It signals: "Your experience matters. I want to know you."

What It Is Not

It's not agenda-driven questions meant to steer or prove a point. It's not interrogation questions asked in anger, or rapid-fire questions delivered one after another.

What It Sounds Like

- *What's that been like for you?*
- *Can you tell me more?*
- *I hadn't thought of it that way - help me understand.*
- *Can I check something with you... are you feeling overwhelmed right now?*
- *Walk me through what you were thinking.*

This or That Questions

- *Are you tired from your work or school day or is there something else weighing on your mind?*
- *Do you think you were embarrassed when that happened or disappointed?*
- *Would you rather talk about this now or is there a better time later?*

Correct Me If I'm Wrong

- *I got the impression you were mad at me, is there something else I was picking up on?*
- *I thought you wanted me to do that first, was I wrong?*
- *I might be misunderstanding you, did you think I said or did X?*

Multiple Choice

- *Do you think you'd like to tell her how you feel, wait and see if it happens again or ask her what she meant when she said that?*
- *Would you rather study now, when we get home or put it off until tomorrow and have it weighing on you?*



Bonus Tips!

Find the Handles

We are looking for handles - we are listening to our kids for something interesting, something we don't know a ton about, or something they've brought up many times before.

Pause

Take a breath between sentences. Let there be quiet sometimes. Take a moment to reflect on what your kid said.

Paint the Picture

Imagine the color and hue of their story. Ask a couple questions to understand their position and get a better understanding.

**Thriving Youth
Darien**

**feel
better**
Resources

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