

Ask your child these 4 questions every day, if you want to understand them better

Here are the 4 best questions you should ask your children every day to understand them better.

According to recent research, adults only average **12.5 minutes** a day to talk with their children. Meanwhile, about 8.5 minutes are often spent scolding, mocking and forbidding children, only 4 minutes to chat friendly.

With that in mind, **Bright Side** decided to find out how to spend time effectively with children every day. And this is what we found.

Writer Jamie Harrington said she always asked her children four similar questions every day. She wrote: "*Ask your child open-ended questions so that they can't answer simply*" yes "or" no . "This encourages your children to express their emotions and evaluate their choices." So what are those wonderful questions?

1. "What's your day like today?"



CON KHÔNG TRẢ LỜI À? MẸ VỪA HỎI CON ĐÓ!
NÓI TO LÊN, MẸ KHÔNG NGHE THẤY CON NÓI GÌ CẢ!



NẾU CON MUỐN, CHÚNG TA CÓ THỂ NÓI CHUYỆN SAU
HÔM NAY, MẸ GẶP LẠI MỘT NGƯỜI BẠN MÀ 4 NĂM RỒI MẸ KHÔNG GẶP. CON CÓ THỂ HÌNH DUNG MẸ VUI NHƯ THẾ NÀO KHÔNG?



If at first your child doesn't want to answer or just answers "good" or " *everything is fine* ", don't ask them to answer a more complete question. Tell **your children about your day** , what you learn, what makes you feel happy and excited. This will give them a good template and encourage them to tell you about their day-to-day experiences.

2. "What about my friends?"



JOHN LÀ BẠN NÀO? MẸ ĐÃ CẤM CON CHƠI VỚI
THẰNG BÉ ĐÓ CHO ĐẾN KHI MẸ TẬN MẮT NHÌN
THẤY MẶT NÓ CƠ MÀ.



HÃY KỂ CHO MẸ NGHE VỀ NGƯỜI BẠN TỐT NHẤT
CỦA CON ĐI.
HÀNG NGÀY BẠN ẤY ĐỐI XỬ VỚI CON NHƯ THẾ
NÀO?



You can ask your child about special friends in class or can ask general questions. This will help your child trust you but open up if they are facing difficult situations.

3. "Have you had any fun today?"



Ý CON LÀ GÌ KHI NÓI “KHÔNG CÓ GÌ TỐT ĐẸP
CẢ”?
KHÔNG THỂ CÓ CHUYỆN ĐÓ ĐƯỢC, CON ĐỪNG
CÓ NÓI DỐI BỐ.



ĐỪNG BUỒN CON YÊU. CON THÍCH XEM PHIM GÌ
VÀO TỐI NAY?



If the day is not happy or your child can't remember anything fun that happened during the day, you should cheer for the baby. You can invite your child **to watch movies or play some interesting video games** at home. Such activities will help children forget unhappy things and feel relaxed.

4. "Do you need a parent to help anything?"



ĐƯA CHO BỐ, ĐỂ BỐ LÀM CHO!



TỰ MÌNH LÀM LÀ ĐIỀU TUYỆT VỜI NHẤT ĐÓ CON.
CỨ NÓI VỚI BỐ NẾU CON CẦN SỰ GIÚP ĐỠ NHÉ!



Most of us find it difficult to ask for help from others. A child who does not receive the help of his / her parents in small things, will not ask his parents to help in difficult situations. Take it one step at a time. **Frequently ask your child if you need any help from you** , such as cleaning the house and doing homework for example. Don't be afraid to ask me that. In fact, every day, ask children who need your help will not give you the opportunity to always be with them when they need you most. However, this does not mean that you do everything on your behalf.

Try not to interrupt the story the child is telling you and make a comment only when they ask. Don't forget to express your emotions with intimate gestures like holding or holding your child's hand. If you are in a bad mood or you simply don't like listening to your child at this time, tell him or her and give another time when you can completely listen and talk to them.

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