

Conversation Starters

Encouraging your child to open up is a great way of supporting mental wellness. Here are some ideas.

How are you feeling today?

What's your favourite joke?

What would you like to tell me about?

What was the best moment of today? And the worst?

Who is the funniest person you know and why?

What single thing most annoys you?

What's your favourite book?

What did you dream about last night?

What song do you listen to when you're feeling angry?

What's the best smell you've ever smelled?

Who's your favourite movie character?

Questions about everyday things...

Would you want to be famous? What would be the good things and the bad things?

What TV show is everyone talking about at the moment?

Who's your favourite teacher? Why?

What song is your go-to song to make you feel happy?

What's the latest game everyone at school is into?

Who's your favourite character on the TV?

Which movie character do you think you're most like?

What's your favourite song at the moment?

Who is your favourite superhero?



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Would you rather be incredibly funny or incredibly clever?

Would you rather be covered in fur or covered in scales?

Would you rather sing a song in front of your best friends, or people you'd never met?

Would you rather have the chance to design a new toy or write a new TV show?

Would you rather...

Would you rather be a babysitter or a dog sitter?

Would you rather eat pizza or sausages?

Would you rather fly like a bird or run like a cheetah?

Would you rather be a scientist or an artist?

Would you rather go bungee-jumping or deep-sea diving?



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If you could have one dinner forever, what would it be?

What one skill would you love to have if you could just snap your fingers and have it?

If you could go back in time, what year would you travel to?

If you could fly, where would you go?

If you could be any animal which one would you be?

Just imagine...

If you could have any super power, what would it be and why?

What would your perfect day be?

If you were king or queen for the day, what would you do?

What sport would you like to be the world record holder at?

If you had to give everyone in the family new names, what would they be?



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Serious...

You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts.

Do you want to talk about what's going on?

How can I support you through [issue]?

What was the biggest problem you had today?

Is there anything that you need from me? Space, time to talk, time to do something fun...?

Encouragers...

Reassure them that if they don't want to talk now, they can talk to you at any time. You can also follow up conversations with encouragers:

You can talk to me, I'm here for you

Even if I don't understand, know that I want to

If you need to talk to someone else, that's okay too

If you talk to me about what is worrying you, I can do my best to help

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance.

If you want more help, go to youngminds.org.uk/parents

I love you, nothing can ever change that

We're going to get through this together

