EziBond Africa

20 questions to ask your child at dinner

From silly to serious, to get the whole table talking

Dinner is one of the few times in a busy day when the whole family sits still. Keep this sheet on the table. Pick one question a night, and answer it yourself too. Then listen more than you talk.

1 What made you laugh today?

2 What was the hardest part of your day?

3 If you could have any superpower, what would it be?

4 Who did you sit with at lunch?

5 What did you learn today that surprised you?

6 If you were the teacher tomorrow, what would you teach?

7 What is one thing you are proud of this week?

8 What would you do with a whole day and no rules?

9 Who is the kindest person in your class? What do they do?

10 What is a food you want to try?

11 If our family had a motto, what should it be?

12 What is something you are worried about?

13 What is your favorite memory of us together?

14 If you could visit any country, where would you go?

15 What is a rule you think is unfair?

16 What are you looking forward to this week?

17 Who is someone you want to be more like?

18 What did you do today that was brave?

19 What is the best thing about being your age?

20 What is one question you want to ask me?

A tip from other dads: if your child gives a one word answer, do not push. Try “Tell me more about that” once, then let it go. The next night, they often come back to it on their own.