



Parent-Teen Chit Chat Starters

**We make no claims this will start a conversation with your teen (ha, ha!).
Keep trying. Something will eventually open them up.**

What are you listening to?

What's your favorite book?

Come help me fold laundry....

Wasn't it funny when....

Tell me the plot of your video game.

Today was a long one. How about yours?

I'm writing my grocery list, what meal would you love this week?

Let's take the dog for a walk (don't ask if they want to).

What kind of a house do you want to live in someday?

Do you even know what a cassette tape is (in a funny voice)?

I love that you are _____ (kind, funny, helpful, respected by your teachers, etc).

What have you heard about the new coffee shop? Let's go tomorrow before school.

You were talking about your friend _____ the other day. How is he/ she doing?

Tell me how this (electronic thing they have) works.

If you could travel anywhere, where would you go? Why?

If you were stuck on an island by yourself for a month what two things would you take?



How to listen for clues for further conversations:

If your child wants you to read, listen to or have a conversation about something important to them but that you find boring or hard to listen to.... listen anyway. They are trying to give you clues about who they are, and this is quite vulnerable for them. Yes, listen to your son talk about his favorite video game for the next 45 minutes. And yes, listen to your daughter tell you all the drama happening at school without giving advice. They want to be heard, even when they tell you they don't.

