

DEEPEN YOUR PARENTING, ASK BETTER QUESTIONS

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LOW VALUE QUESTION	HIGH VALUE QUESTION
<p>You're so distracted by your phone and social media. Why can't you pay attention to me?</p>	<p>vs</p> <p>Hey, we are all so busy these days, and I'd love to catch up with each other. How about we go grab lunch somewhere tomorrow?</p>
<p>Why are you procrastinating and always running late?</p>	<p>vs</p> <p>Your life is so busy these days with school, work and friends. I love how you're staying involved with so many activities but was wondering if you need any help from me? Are you feeling overwhelmed with anything?</p>
<p>I'm concerned that you're not eating healthy and not taking care of yourself. Why are you eating so much junk food?</p>	<p>vs</p> <p>Now that you're moving away to live on your own, I was thinking about giving you some recipes to take with you. Would you like me to teach you how to make a few of your favorite dishes?</p>
<p>Your room is always so messy, and you can't find anything in there. How are you ever going to make it in college?</p>	<p>vs</p> <p>Your busy schedule makes it hard to find time to organize and keep up with your room. How about this weekend we put a movie on in your room and I give you a little help?</p>
<p>You're constantly on the go, or have friends with you, or are on your phone or computer. How can you even think with so much going on?</p>	<p>vs</p> <p>Life is so busy, that a quiet break alone helps me relax and recharge. When you're away at school, do you ever feel bombarded all week and need a little down time to rest and gather your thoughts?</p>