

School is certainly in full swing!

Parents are always excited to hear about their child's day at school; but has anyone experienced the "I don't know" or "I don't remember" answers! Those answers can be frustrating and leave parents wondering what their child does at school!

To help make these conversations a little more successful, here are a few tips (this goes for older children as well)!

- **Avoid** asking your child very broad questions like "What did you do at school today?" When a child hears that question, it can be overwhelming for them. In their mind they may think they are expected to list everything that happened and that is just way too much – so instead a typical answer is "I don't know". This avoids a long discussion for them!

Instead: Ask simple direct questions that will require recall of just one or two pieces of information. Example – What did you make for craft today? If asking about friends, try not to make that question too broad "Can you name 1 friend you played with today" may generate a better answer than "Who did you play with today?"

- **Avoid** asking them questions the minute you pick them up. If an adult had a long busy day at work, how would you feel when you immediately walked in the door, your spouse asking questions about your day? Children need that decompression time too!

Instead: Try and enquire about your child's day when they least expect it. A round table conversation at the dinner table where everyone shares one thing about their day (including parents!!) can be helpful. Bath-time, or cuddle time before bed is a great time to try and get information!

Another tool the school uses is picture boards. Picture symbols are a wonderful way for children to connect language. We are starting to implement them in the classroom to help with routines and giving them visual cues about what is coming next in the day!

Storyboards using picture symbols may be helpful for you at home

We hope you find this information useful!