

# How to Have Great Conversations with your Middle Schooler



## Be available...

...IN WAYS THEY CAN SEE AND EXPERIENCE.

**Find regular, consistent times for relational check-ins**

*(morning drop-off, after dinner walk, etc.)*



**Enter their world and do something together that your student enjoys.**

**Be interruptible.**



**Remove distractions**

*(take out the AirPods, put down the phone, close the laptop, mute the TV, etc.)*



**Quantity time leads to** \_\_\_\_\_  
\_\_\_\_\_ **quality time!**

## Ask curious questions...

...TO GET YOUR STUDENT TALKING AND LEARN MORE ABOUT THEM.

### Getting Started:

- If you could plan your perfect day, what would you do?
- What's something good that happened today?
- What is something that you'd like to try or learn to do?
- What kind of music do you like? Or favorite artist?

### When they share something heavy:

- How do you feel about it?
- What do you think should happen?
- How can I help?

## Make it easy...

...FOR YOUR STUDENT TO FEEL SAFE TO OPEN UP.

**Keep it light—try not to take anything too seriously or too personally.**

**Choose a time and a place that makes it easy to talk.**

*(playing a game, taking a drive, ice cream, etc.)*

**Do something together your student enjoys.**

- Go for a walk.
- Play a video game.
- Start a Netflix series.



**Intentionally encourage your student with your words.**

**Build their confidence.**

**Choose to respond rather than react and try not to freak out!**



**Try to listen to understand, not to solve.**



**It's a widely known fact that food is the way to a teenager's heart. So, here are some tips:**

- Have an impromptu coffee date after school.
- Grab dinner together before practice.
- Do a late-night ice cream run.

### DISCLAIMERS:

- Don't worry if your student isn't eager to talk to you. That's normal. #middleschool
- It will take approximately 3,684 conversations before you have a good one. Just kidding! But it may take some time before these interactions feel meaningful, so don't give up!
- Don't ever let them see you sweat! Your student needs to know that regardless of what they say, nothing will ever change how much you love them.

