

The “Looking 4 staff” weekly series



Let's get to know our kids better



We all wish there could be a magic recipe to raising a kid.

Sometimes we forget that they are mini-people, with feelings like adults have.

The only difference is the intensity and level of understanding events.

Otherwise, they are as happy, sad, angry, selfish, generous, creative, intelligent, sport-oriented or art-lovers as any of the adults around them.

They have dreams, wishes, expectations, they suffer and they are happy, they imagine, hope, trust or are scared.

It is within our power to lead them into becoming good people, emotionally balanced, with strong opinions, empathic, open minded, responsible.

In short, good quality people.



But how do we get to know our kids? How do we identify the strong points that need to be nurtured and the weaknesses that need to be healed, so they don't overwhelm the future adult?

It is even more challenging because we deal with little humans learning to deal with emotions: their own and others'.

It is challenging for a kid to really understand the rollercoaster of emotions they're going through during the day.

We must be there for them, assisting them into identifying the source of the problem, and help them learn how to deal with different types of emotions.

Here are some questions you can ask your kid and help the both of you discover him.

Turn it into a game, not an interview 😊



**“Treat a child as though
he already is the person
he’s capable of becoming.”**

Haim Ginott



* Do you think you are special? Why do you think that?

* If you could have 3 wishes fulfilled, what those would be?

* What do you want to be when you grow up? Why?

* If you would have the power to make things disappear, what would those be? Why?

* Would you like to have the power to be invisible? What would you do? Why?

* Usually you like the superheroes or the villains? Why?

* What do you think it is more important: to tell the truth no matter what, or to lie if you feel there's no other way?

* Do you think you are a good friend?

* Would you change something about yourself?



* Are you happy being the only kid in the family?

* How do you feel about your brothers/ sisters? Do you ever think that you were better alone?

* What would you change for your family? A new house, a new car, more holidays...?

* What about if you could change the world? What would you do?

* What is happiness to you?

* If you could make a trip to a far location, would you do it? What would your feelings be?

* What's the nicest present you ever got?

* Did you ever get into an argument with somebody dear? How did you feel?

* What can you teach others?



* In case you make mistakes, what do you do? Hide it or solve it?

* How do you like your friends to be: popular or from the “nerdy” group? Is popularity that important?

* Have you ever been betrayed by a friend? Did you ever betray somebody?

* What is the bravest thing that you have ever done? Who is your hero?

* Do you think it's important to have a good character? What does that mean to you?

* What do you think about risks? Would you ever take a risk?

* Think about 3 difficult things for you. Why are they difficult?

* What do you think about positive thinking? Does it work?

* Do you know what loyalty means? Are you loyal?



**“Don’t worry that children
never listen to you;
worry that
they are always watching you.”**

Robert Fulghum



At the end of the day, it is all about trying to lead your kid into being himself.

Be happy for their results, ask for their opinion no matter how young they are, encourage them to ask questions, but in a respectful manner.

Say “I’m sorry” every time you make mistakes and explain that it’s ok, we all make mistakes. The most important part is to show them how to solve those unpleasant situations.

Take them you with you wherever you go, try to show them all the aspects of life (no need to mention, in age appropriate situations).

Show them a healthy family atmosphere, filled with love, compassion, good communication, you yourself be a good support for your partner and definitely, you will never need to ask your kid the questions above 😊



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