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## **Finding Out About Our Family:**

### **Table Talk Topics for Parents to Ask Children**



#### **About You**

1. What three things about yourself are you the proudest of?
2. Who are the three people you admire most and why? These could be people from your life, historical figures, fictional characters, etc.
3. What are some pieces of global, national, and/or local history that you remember most?
4. What is your favorite family tradition? Why is it important to you?
5. If you could have any superpower, what would it be and why?
6. If you had a time machine for a day, what would you do with it?
7. Would you rather live in a castle, on a boat, or on a cloud?
8. If you could go back in time and give your younger self advice, what would you tell yourself? What about your older self?
9. What makes you feel better when you're upset?
10. What things are you not great at yet that you want some day to be good at? How much do you think you would have to practice to get good at those things?
11. What do you think makes a family close?
12. Who do you usually sit with at lunch at school? What do you talk about?
13. Who is your best friend and why?
14. What traits do you look for in friends?
15. What are some of your favorite places in Hanover? What makes these places important to you?
16. How has Hanover/our city/our house changed over your lifetime?
17. What is one of the biggest struggles you've overcome?
18. What are the most important things you've learned?
19. What is on your bucket list?
20. If you had to divide your life into chapters, what would they be titled? Which "chapter" is your favorite, if any?

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## More Questions for Parents to Discuss with Children



### Family relationships

1. What is your favorite and least favorite thing about our relationship?
2. Do you feel like you could talk with me about anything at all?
3. What would you be most likely to want to lie to me about? Why?
4. If you got into really big trouble, how do you think I would respond?
5. If I could do one thing to be a better parent/sibling/family member to you – what would it be?
6. If we had a special day together what would you want to do?
7. What are the most important things I have taught you?
8. If you had to choose only three words to describe me as a parent, what would you say?
9. If you and I could switch places for a day, what are the first things you would do?
10. Can I tell you about our family history?

### About the coronavirus

*When talking to your child about coronavirus, try to be honest, available, age-appropriate, reassuring, and focused on what you're doing to stay safe (i.e. handwashing, social distancing). Validate their feelings and model calm, rational behavior.*

1. What have you heard about the coronavirus? Where do you hear about it most?
2. What are your concerns or worries?
3. Do you have any questions I can help you answer?
4. How are you feeling about the Coronavirus?
5. What are three things that you are happy about or thankful for today, even with everything that is changing?
6. Can we come up with a plan for what we can do when you feel anxious, bored, or cooped up? Let's make a list of things that make you feel better and get your mind off of things.
7. We're in a very unique point in history. If you could write a message to your children/grandchildren/future generations and put it in a time capsule for them to read 20 years from now, what would you write?