

10 Conversation Starters



A quick and easy guide
to help you connect
with your teen

BY JEANNINE JAVIER

Introduction

As a mom, it can be tough to get your teen to open up. Whether they're withdrawing, distracted, or simply don't feel like talking, meaningful conversations with your teen are essential for building a deeper connection. This guide offers 10 thought-provoking questions that are perfect for initiating open and honest dialogues with your teen—questions that go beyond surface-level chit-chat.



important tip

“There is no way to be a perfect mother, and a million ways to be a good one.”

— Jill Churchill



- 1. What's something that's been on your mind lately?**
This open-ended question encourages your teen to express thoughts they may not have shared yet.
- 2. What's one thing you're looking forward to this week?**
This question allows you to connect with your teen's goals or interests, bringing a positive tone to your conversation.
- 3. What's the best part of your day, and why?**
Asking about the best part of their day can help you understand what makes them happy or where their passions lie.

“A mother and daughter's bond is unbreakable; it's the foundation of strength, love, and understanding that lasts a lifetime.

4. **Is there anything that's been stressing you out lately?**

This offers an opportunity to support them and shows you care about their emotional well-being.

5. **What's something you wish I understood better about you?**

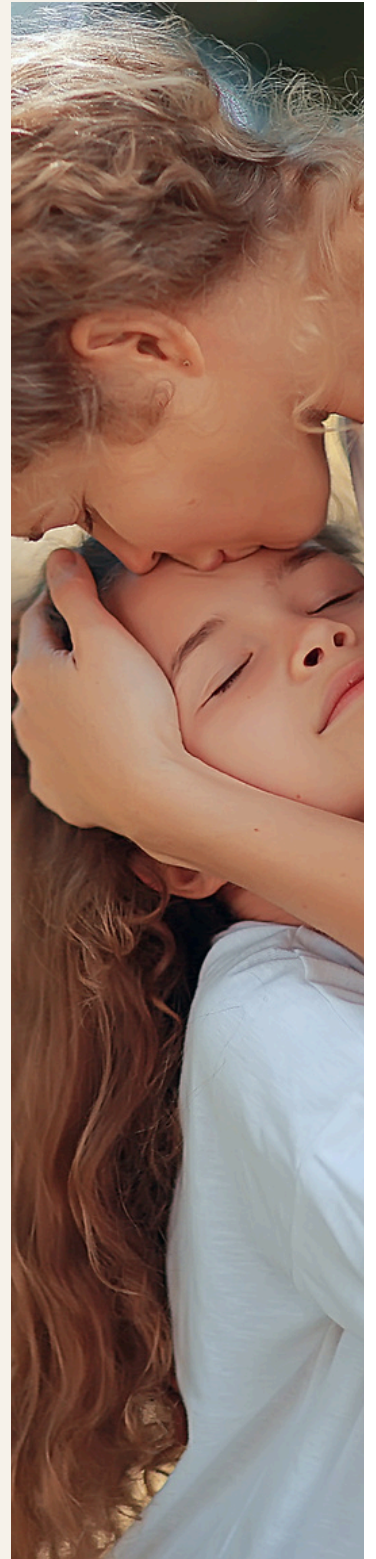
This question promotes vulnerability and shows you're open to hearing their perspective.

6. **If you could change one thing about your school or your friends, what would it be?**

Get insight into their world and the challenges they face outside of the home.

7. **What do you think is the most important thing for a good friendship?**

This helps you understand their values and what they prioritize in relationships.





8. **What's something new you've tried recently that you really enjoyed?**

Encourages your teen to share their experiences and interests, and can spark a discussion on learning or growing.

9. **If you had a whole day to yourself, what would you do with it?**

This gives you insight into their interests and passions, which might not always be apparent.

10. **What's a small thing I could do to make your day better?**

By asking this question, you show that you're open to making their lives easier or more enjoyable.

Remember, meaningful conversations don't always happen instantly. Be patient, stay present, and use these questions as a starting point to deepen your connection with your teen. It's the little moments that can have the biggest impact.



mommywithagoal@gmail.com
www.mommywithagoal.com

Thank you!

"As a mom, I know how important it is to truly connect with our kids. Better communication isn't just about talking—it's about listening, understanding, and building trust. By fostering meaningful conversations, we strengthen our relationship and create a safe space for our children to be themselves. Let's work together to bridge the gap and grow closer with our teens."
— Jeannine Lirio-Javier