Two Questions to Get Your Preschool and Kindergarten Kids Off to the Best Start in School

Assuming you still tell bedtime stories to your preschooler or kindergartener, ask these two questions before you tell the story and then tell the story.

**Question 1:** “What’s the best thing and worst thing that happened today?” After they answer ask them what make the best thing so great and made the worst thing so bad. After they go into some detail about each, reflect back to them, “Wow, that was really neat!” for the best thing and “Gee, I’m sorry that bad thing happened to you.” Don’t rush in to give advice or say everything will be fine unless they ask. If you do, you’re responding more from you anxiety than their feelings.

**Question 2:** “What are you most excited and nervous about tomorrow?” After they tell you, have them tell you why they’re so excited or nervous about tomorrow. Then ask them if you can check in with them tomorrow night to see how things went.

These conversations accomplish several things. First it will help you and your child become closer. Second, they will learn that talking things out is a good way to help you feel better and deal with stress. And finally, you are planting the seeds inside their minds and personalities for developing perspective. In essence you are teaching them that good and bad things happen today and happen tomorrow, but it’s okay and everything has a way of working out okay.

Visit: [http://justlistenthebook.com](http://justlistenthebook.com)
Purchase at [amazon.com](http://amazon.com) or [barnesandnoble.com](http://barnesandnoble.com)
Email: mgoulston@markgoulston.com URL: [http://markgoulston.com](http://markgoulston.com) Tel: 310.998.1150