



questions to spark conversation

Here are some ideas of open-ended questions to have a conversation with mom or dad. Remember to share vulnerably about yourself too. These should be two-way conversations.

- How are you doing, today?
- What are you up to today?
- What emoji describes your day so far?
- What was the high-point and low-point of your day so far?
- How did your [insert topic e.g. baby's sleep / clinic visit / doctor visit / breastfeeding / going to work] go?
- What are you grateful for today?
- What are you celebrating today?
- What has been a challenge you are facing this week?
- How have you been coping?
- What are you finding easier than you thought you would?
- What are you finding harder than you thought you would?
- What are you proud of as a mother/father this week?
- How are you finding parenting today?
- How do you relieve stress? What activities do you find relaxing?
- What activities do you do to care for yourself?
- What do you have planned for this weekend?
- What does your ideal weekend look like?
- What are you currently watching on TV/Netflix/YouTube?
- What is your favourite [Insert radio station/podcast/series]?
- What is the most interesting thing you have read recently?
- What are you currently reading in the bible? When are you finding time for God or devotions?
- What are you currently working on that is exciting?
- What do you think about [insert topic]?
- What makes you nervous?
- Do you prefer coffee or tea, and why?
- What has this period [insert milestone] taught you about yourself?
- How would you describe yourself in three words?
- Who is your support network? (look at who else can support mom or dad)
- How can I pray for you, today?



"Therefore encourage one another and build each other up, just as in fact you are doing."

1 Thessalonians 5:11 | NIV