



QUESTION TIME WITH TOBY

Whether you are a parent, educator, or therapy provider, we know that conversations with our children are important. Questions develop critical and creative thinking, foster emotional growth, and encourage empathy.

Let children know they are in a judgment-free zone, and there are no wrong answers! Pause when they are answering. Listen to what they have to say, and answer any questions they may have for you.

Maybe you discover your child has a fear you didn't know about or that they have a bias you need to address (later). This is a special moment to share anything, and let them know they can talk to you. Don't forget to have fun!

- Who are the people that have calmed you when you were scared?
- What are you afraid of?
- Where are there. smells or sounds that you don't like?
- When have you experienced something that made you feel scared or uncomfortable?
- Why are we different?
- How do you help someone that may be afraid?