



# QUESTION TIME WITH CAMERON

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!

- Are there times when you feel your brain is going “too fast”?
- Do you sometimes feel it’s hard to pay attention when someone is talking to you?
- When your body feels like it needs to wiggle, what do you do?
- What can you say to a friend that may get upset when things don’t go their way?
- What do you wish people understood better about you?