



Questions to Connect

Why Connection Question Matters?

Parent-child connection is not only emotional – it is neurological.

Research shows that warm, responsive conversations strengthen neural pathways responsible for emotional regulation, resilience, language, and self-confidence.

When children feel heard and understood, their brains register safety, lowering stress and supporting healthy development.

Shared reflection and storytelling also help children organize their experiences into a stable sense of identity and belonging.

Over time, these consistent moments of connection shape how children see themselves and their relationships.

Through simple daily questions, you are strengthening both your bond and your child's developing brain – one meaningful conversation at a time.

Start building meaningful bridges with your child today.

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Mission: Connect

We know how busy parenting life can be, and our mission is to help you connect with your child – even in the little moments you share.

Building strong connections is essential for healthy development and for creating the neurological pathways that help children grow into confident, self-aware, and secure adults.

We hope you enjoy this moment with your child and that it helps you discover more about what's happening inside their heart.

We would love to hear your thoughts about these connection ideas on our Instagram account @storyntalk.

MONDAY MEMORY

Recalling positive memories strengthens neural pathways linked to identity, emotional security, and connection. When children share their experiences with a caring adult, the brain integrates those moments into a stable sense of belonging and self-worth.

TODAY'S FAVOURITE QUESTION
WHAT WAS YOUR FAVORITE PART OF THE
WEEKEND?

THANKFUL TUESDAY

Gratitude strengthens positive neural pathways in the brain, supporting resilience, emotional regulation, and overall well-being. By intentionally noticing what we are thankful for each day, we train the mind to focus on safety, connection, and possibility.

TODAY'S POWERFUL QUESTION:

WHAT ARE YOU THANKFUL FOR TODAY?

WEDNESDAY WOULD YOU RATHER?

Midweek is the perfect time to intentionally bring fun into family conversations.

Playful, imaginative thinking activates the brain's reward system, reduces stress hormones, and strengthens neural pathways linked to creativity, flexibility, and social bonding.

Sharing laughter and impossible scenarios helps children associate connection with safety and joy.

**FUN QUESTION OF THE DAY:
WOULD YOU RATHER FLY OR BE
INVISIBLE?**

THURSDAY THINK OUTSIDE THE BOX

Encouraging children to imagine solutions activates higher-order thinking in the brain, including creativity, empathy, and problem-solving networks.

When parents listen with genuine interest, these conversations also strengthen neural pathways linked to confidence, agency, and secure attachment.

Children learn that their ideas matter – and that they can make a positive impact on the world.

TODAY'S POWERFUL QUESTION:

**IF YOU COULD INVENT SOMETHING TO HELP PEOPLE,
WHAT WOULD IT DO?**

FRIDAY FAVOURITE

Inviting children to name what they are proud of helps wire the brain for confidence, perseverance, and self-worth. When parents respond with genuine interest and encouragement, children learn that their efforts matter and that their successes can be safely shared. These moments of recognition strengthen both identity and connection.



TODAY'S POWERFUL QUESTION:

WHAT ARE YOU MOST PROUD OF FROM THIS WEEK?

More questions to connect during the month

Monday Memory

- What's a small moment from childhood that still makes you smile?
- Who was your first real-life hero, and why?
- What's a school memory that shaped who you are today?
- What's a random memory you think about way more often than you should?

Thankful Tuesday

- What's something difficult you went through that you're now grateful for?
- Who is someone you don't say "thank you" to enough?
- What's a simple everyday convenience you're especially thankful for lately?
- What's a personality trait of yours you're grateful to have?

Wednesday Would you rather?

- Would you rather always be 10 minutes early or 10 minutes late?
- Would you rather relive your favorite year or skip ahead five years?
- Would you rather have unlimited creativity or unlimited confidence?
- Would you rather be able to read minds or perfectly understand body language?

Thursday Think outside the box

- If your pet (or favorite animal) could talk for one day, what would it say?
- If you could invent a new ice-cream flavor, what would it taste like?
- If your toys came to life at night, what adventures would they have?
- If you could build a house anywhere – on the moon, under the sea, in a tree – where would it be?

Friday Favourite

- What is your favourite place to go (park, beach, grandma's house, etc.)?
- What is your favourite animal and why?
- What is your favourite color right now?
- What is your favourite thing about Fridays?