



A FREE PRINTABLE FROM A SLICE OF MOM LIFE

## 20 Kitchen Questions to Ask Your Daughter

These are the twenty questions I keep coming back to when I want more than “how was your day.” Ask one at dinner. Ask one while you’re mixing batter together. Save the harder ones for a quiet moment in the car, when she doesn’t have to look at you. You don’t need all twenty in a week — you need one tonight.

### THE WARM-UPS

*Easy openers. Make her smile first.*

- 1 If today was a flavor, what flavor would it be — and why?
- 2 What was the funniest thing that happened today?
- 3 If you could have dinner inside any book or show, which one would it be?
- 4 What’s the weirdest thing you saw or heard today?
- 5 Who had a really good day today that you know about?

### THE TELL-ME-MORES

*For the moments when you sense there’s something underneath.*

- 6 What was the hardest part of today — even a small hard?
- 7 Is there anything you’ve been thinking about that you haven’t told me yet?
- 8 When you were quiet in the car today, what were you thinking?
- 9 What’s a feeling you had today that you couldn’t put a word to?
- 10 If you could redo one minute of today, which minute would it be?

## THE CONFIDENCE BUILDERS

*Questions that quietly teach her how to see herself.*

- 11 What's something your body helped you do today?
- 12 What's one thing you love about being you that no one else has ever said out loud?
- 13 What's something you did today that was a little brave?
- 14 If someone asked me what's the coolest thing about you, what should I tell them?
- 15 What's one thing you want to learn to do this year — just because it sounds fun?

## THE KITCHEN MOMENTS

*The ones I save for when we're baking together.*

- 16 What smell or taste reminds you of someone you love?
- 17 If our family was a recipe, what would the ingredients be?
- 18 If you invented a brand-new cookie, what would be in it and what would you call it?
- 19 What's something you'd like us to bake together that we never have?
- 20 When you have your own kitchen someday, what's one thing you hope is still the same as ours?

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### One last thing, mom

*You don't have to ask these perfectly. You just have to ask one, and then get quiet enough to hear the answer. The kitchen is the best room for this in the whole house. Trust it.*

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