

A blue ribbon banner with a slight 3D effect, featuring two circular indentations on its top surface.

A PUBLICATION FROM  
NATIONAL FATHERHOOD INITIATIVE®

# THE ULTIMATE GUIDE TO **CONNECTING WITH YOUR CHILD**

QUESTIONS YOU CAN ASK YOUR SCHOOL-AGED CHILD OR TEEN.



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## PART ONE

# INSTRUCTIONS FOR DADS

INSTRUCTIONS FOR A DAD AND FOR THOSE LEADING DADS.

# PART ONE

## INSTRUCTIONS FOR DADS

This eBook is to help dad and his child get to know each other better and, in the process, become closer, more connected.

**Included in this eBook are three age-related worksheets.**

- 1) For the school-aged child,
- 2) For the teen,
- 3) For you.

When sharing these worksheets with your child, emphasize that you love him or her. Say as you fill out the sheet that you love your child want to learn their favorites.

After you receive the completed sheet, use it to start a conversation with your child(ren). Plan an activity or write a letter. Basically, it's easier to feel confident when interacting with your child(ren) once you have connected on a real level with him or her.

We encourage you to have your child update this sheet once per year.

As you use this tool to connect with your child, let us know if we helped you. Email us at [info@fatherhood.org](mailto:info@fatherhood.org). Also, sign up for our [weekly Dad Email](#) for tips on staying connected with your child weekly.

### **Instructions for those leading dads:**

First, read the instructions above for dads to gain insight into the purpose of this tool and how it can best be used. Once you read the instructions for dads, you will have a better sense of how you can “coach” dads on the most effective ways to use this resource.

This tool can be especially helpful for dads that are separated from their children for an extended period of time. ***From deployed dads to those traveling for business, this resource is sure to benefit any father, even ones at home with their children every night.***

Send us your feedback on this tool—email us at [info@fatherhood.org](mailto:info@fatherhood.org) or [sign up for our Dad Email™ for weekly tips](#).



## PART TWO

# QUESTIONS TO ASK YOUR SCHOOL-AGED CHILD

QUESTIONS FOR A DAD TO ASK HIS SCHOOL-AGED CHILD.

# PART TWO

## QUESTIONS TO ASK YOUR SCHOOL-AGED CHILD

*Share this worksheet with your child, emphasize that you love him or her. Use it to start a conversation with your child.*

*It's easier to be confident when interacting with your child once you connect on a real level. Encourage your child to update this sheet once per year.*

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Age** \_\_\_\_\_

**Birthday** (month/date/year) \_\_\_\_\_

**Grade** \_\_\_\_\_

### Your favorite:

Animal \_\_\_\_\_

Book \_\_\_\_\_

Cartoon \_\_\_\_\_

Cereal \_\_\_\_\_

Color \_\_\_\_\_

Drink \_\_\_\_\_

Flower \_\_\_\_\_

Friends \_\_\_\_\_

Fruit \_\_\_\_\_

Game \_\_\_\_\_

Holiday \_\_\_\_\_

Memory \_\_\_\_\_

Movie \_\_\_\_\_

Number \_\_\_\_\_

Part of School \_\_\_\_\_

Place to Eat \_\_\_\_\_

Teacher \_\_\_\_\_

Treat to Eat \_\_\_\_\_

Vegetable \_\_\_\_\_

### Sharing More About You:

When I grow up, I want to be...

\_\_\_\_\_

Something I do not like:

\_\_\_\_\_

Something I am afraid of:

\_\_\_\_\_

I want to talk with you more about...

\_\_\_\_\_

Something I would like to do with you soon is...

\_\_\_\_\_

Something I would like to do with you when I get older is...

\_\_\_\_\_

Another thing I want you to know is...

\_\_\_\_\_

## PART THREE

# QUESTIONS TO ASK YOUR TEEN

QUESTIONS FOR A DAD TO ASK HIS TEEN.

# PART THREE

## QUESTIONS TO ASK YOUR TEEN

*Share this worksheet with your child, emphasize that you love him or her. Use it to start a conversation with your child.*

*It's easier to be confident when interacting with your child once you connect on a real level. Encourage your child to update this sheet once per year.*

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Age** \_\_\_\_\_

**Birthday** (month/date/year) \_\_\_\_\_

**Grade** \_\_\_\_\_

### Your favorite:

Actor/Actress \_\_\_\_\_

Book \_\_\_\_\_

Cereal \_\_\_\_\_

Color \_\_\_\_\_

Food \_\_\_\_\_

Friends \_\_\_\_\_

Hobby \_\_\_\_\_

Holiday \_\_\_\_\_

Memory \_\_\_\_\_

Movie \_\_\_\_\_

Music \_\_\_\_\_

Pizza Topping \_\_\_\_\_

Place to Eat \_\_\_\_\_

School Subject \_\_\_\_\_

Sport \_\_\_\_\_

Sports Team \_\_\_\_\_

Store \_\_\_\_\_

Teacher \_\_\_\_\_

TV Show \_\_\_\_\_

Vacation Spot \_\_\_\_\_

Video Game \_\_\_\_\_

Website \_\_\_\_\_

### Sharing More About You:

My dream job or career is...

\_\_\_\_\_

My worst fear is...

\_\_\_\_\_

Five things I can't stand are...

\_\_\_\_\_

Something I want to talk with my dad about is...

\_\_\_\_\_

Something I would like to do with my dad is...

\_\_\_\_\_



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## PART FOUR

# QUESTIONS TO ASK YOURSELF

QUESTIONS FOR YOU TO ASK YOURSELF.



# PART FOUR

## QUESTIONS TO ASK YOURSELF

*Dad, help your child learn more about you so they can feel closer to you.*

**Name** \_\_\_\_\_  
**Date** \_\_\_\_\_

*Fill out this worksheet with your child and give them a copy.*

### Your favorite:

Actor/Actress \_\_\_\_\_  
Book \_\_\_\_\_  
Dream Vacation \_\_\_\_\_  
Color \_\_\_\_\_  
Food \_\_\_\_\_  
Friends \_\_\_\_\_  
Hobby \_\_\_\_\_  
Holiday \_\_\_\_\_  
Memory \_\_\_\_\_  
Movie \_\_\_\_\_  
Music \_\_\_\_\_  
Pizza Topping \_\_\_\_\_  
Place to Eat \_\_\_\_\_  
Sport \_\_\_\_\_  
Sports Team \_\_\_\_\_  
Store \_\_\_\_\_  
Teacher \_\_\_\_\_  
TV Show \_\_\_\_\_

### Sharing More About You:

My birthday is...  
\_\_\_\_\_

My age is...  
\_\_\_\_\_

A dream I currently have for my life is...  
\_\_\_\_\_

My most memorable moment as a father is...  
\_\_\_\_\_

One fun thing I want to do with you is...  
\_\_\_\_\_

One thing I want to learn about you is...  
\_\_\_\_\_

Something I want you to know is...  
\_\_\_\_\_



# YOU READ THIS EBOOK... NOW WHAT?

Now that you have connected with your child or teen, or helped another dad connect with his child, take fatherhood to the next level with NFI's advice and tools from our weekly FatherSource eNewsletter.

[Subscribe at  
http://www.fatherhood.org/signup](http://www.fatherhood.org/signup)