Curiosity Questions
Helping Children Learn to Choose

Positive Discipline promotes teaching children to problem solve, to be self-aware and to make choices based on what they believe is right.

It can really help if you – and your child – learn to see “mistakes as opportunities to learn.” So, when problems arise, help your child reflect and learn from what occurred. Curiosity Questions are a great tool for doing this. Here are some examples:

- What happened?
- What happened when you . . .?
- What did you want to happen?
- What could you do next time?
- How do you think . . . felt?
- What ideas do you have (to solve) . . .?
- How could you help . . .?

IMPORTANT: Your tone of voice, etc., MUST show interest and caring, not judgment and blame! The goal is helping your child figure things out.

Based on the Positive Discipline books and materials written by Jane Nelsen and Lynn Lott
Positive Discipline Association, www.positivediscipline.org