

7 questions to ask your mom

7 Questions to Ask Your Mom: Uncovering Family History and Strengthening Bonds

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Summary: This article explores the profound impact of asking thoughtful questions to your mother. It provides seven key questions designed to elicit rich family stories, uncover hidden histories, and deepen your understanding of your mother's life experiences. The methodologies discussed emphasize active listening, creating a safe space for sharing, and appreciating the value of oral history. The article encourages readers to approach these conversations with empathy, patience, and a genuine desire to connect.

H1: Unlocking Family Secrets: The Power of '7 Questions to Ask Your Mom'

The relationship between a parent and child is one of the most complex and enduring bonds we experience. Yet, often, we fail to fully understand the richness of our family history and the experiences that shaped the person our parents have become. Asking your mother thoughtful questions is a powerful way to not only preserve precious memories but also to strengthen your bond and gain valuable insights into your own life. This article focuses on 7 questions to ask your mom, carefully selected to encourage meaningful conversation and reveal the stories behind the person you know and love.

H2: Why Ask These Questions? The Importance of

Intergenerational Dialogue

Before diving into the specific 7 questions to ask your mom, it's essential to understand the underlying reasons why these conversations are crucial. Engaging in intergenerational dialogue offers numerous benefits:

Preserving Family History: Oral histories are invaluable resources. Your mother holds a unique perspective and knowledge of your family's past. These memories, often untold, risk being lost forever without intentional effort to capture them. The 7 questions to ask your mom act as a roadmap to unlock these vital stories.

Strengthening Bonds: The act of listening attentively and engaging in meaningful conversation fosters connection and empathy. Asking these questions shows your mother that her life and experiences are valued and cherished.

Gaining Self-Understanding: Understanding your mother's journey helps you better understand your own identity, values, and perspectives. It can provide context for your own life experiences and familial patterns.

Learning from Experience: Your mother's life lessons, both triumphs and struggles, offer invaluable wisdom and guidance. By asking the right questions, you can tap into this reservoir of knowledge.

H2: The 7 Questions to Ask Your Mom: A Guide to Meaningful Conversations

Here are seven insightful questions, carefully crafted to elicit rich and revealing responses from your mother:

1. "What is your earliest childhood memory, and what made it so memorable?" This question opens the door to exploring your mother's formative years, revealing the events and people that shaped her early development.
1. "What is the biggest challenge you faced in your life, and how did you overcome it?" This probes for resilience and strength, allowing you to learn about your mother's coping mechanisms and personal growth. Listen carefully not just to the challenge but also to the strategies she employed.
1. "What is your proudest achievement, and what made it so significant to you?" This question shifts the focus to celebrating successes and accomplishments, allowing you to discover what your mother values and prioritizes.

1. "What is one piece of advice you would give your younger self?" This allows for reflection and the sharing of invaluable wisdom gained through experience. This question often reveals profound insights into the lessons she learned.
1. "What is your favorite memory of our family together?" This fosters a personal connection, focusing on shared experiences and the memories that bind you together.
1. "What are some of the traditions and values that are important to you, and how were they passed down through your family?" This dives into the cultural and familial heritage, helping you understand the roots of your own values and beliefs.
1. "What are your hopes and dreams for the future, both for yourself and for our family?" This question moves beyond the past and into the present and future, strengthening the ongoing connection and allowing for shared aspirations.

H2: Methodologies for Engaging in These Conversations

The success of these conversations relies not just on the questions themselves but also on the methodology used to engage your mother. Consider these approaches:

Create a comfortable environment: Choose a relaxed setting where your mother feels safe and at ease. Avoid distractions and interruptions.

Active listening: Pay attention not only to the words but also to the tone and body language. Ask clarifying questions and show genuine interest.

Patience and empathy: Memories can be fragile, and emotional responses may emerge. Approach the conversation with patience and empathy, allowing your mother to share at her own pace.

Recording the conversation: With your mother's permission, consider recording the conversation (audio or video) to preserve these precious memories.

H2: The Value of Oral History: Preserving Your Family's Legacy

The act of asking 7 questions to ask your mom contributes to a larger practice: oral history. Oral history involves collecting and preserving personal narratives to understand the past and build a stronger connection to family heritage. These stories are more than just anecdotes; they provide a unique insight into lived experiences, social changes, and cultural traditions. By recording these

conversations, you're not just documenting your mother's life but also creating a valuable historical record for future generations.

H2: Beyond the 7 Questions: Continuing the Conversation

The 7 questions to ask your mom serve as a starting point. Follow-up questions will naturally arise as the conversation unfolds. Remember that the goal is not to extract information but to engage in a meaningful dialogue. Let the conversation flow organically, and be open to unexpected turns and revelations.

Conclusion:

Asking your mother these 7 questions to ask your mom is an act of love, respect, and historical preservation. It offers a unique opportunity to strengthen your bond, uncover hidden family stories, and gain invaluable insights into your family's past. Embrace these conversations, and cherish the precious memories you create.

FAQs:

1. What if my mom is reluctant to talk about her past? Be patient and understanding. Start with easier questions, and gradually move towards more sensitive topics. Assure her that you're not judging but simply trying to understand her better.
1. How can I make the conversation more engaging? Share your own memories and experiences, creating a reciprocal exchange. Use photos or other memorabilia to spark conversation.
1. What if my mom has memory problems? Focus on recent memories and shared experiences. Use photos or other prompts to help her recall events.
1. How should I handle difficult or painful memories? Be empathetic and supportive. Allow your mother to share at her own pace, and don't push her to reveal anything she's not comfortable sharing.
1. Is it necessary to record the conversation? Recording the conversation is not mandatory, but it's highly recommended to preserve the memories for future generations. Always obtain your mother's explicit consent before recording.

1. What if I don't have a good relationship with my mom? Try to approach the conversation with an open mind and a willingness to listen. Focus on finding common ground and creating a positive connection.
1. What should I do with the recorded interviews? You can transcribe the interviews, create a family history book, or share them with other family members.
1. What if my mom is no longer alive? Consider speaking to other family members (aunts, uncles, siblings) to gather information about your mother's life.
1. How can I ensure the accuracy of the information gathered? Cross-reference information with other family members and documents whenever possible.

Related Articles:

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1. **Dealing with Difficult Conversations in Families:** This article explores how to navigate sensitive topics and difficult conversations within the family context with empathy and understanding.

7 questions to ask your mom: 300 Questions to Ask Your Parents: Before it's Too Late

Shannon L. Alder, 2023-02-14 Ask the perfect questions and receive answers full of wisdom with this easy-to-use guide. Learn from your parents the time honored traditions and habits that have made them who they are today, including their views on spirituality, what they learned in their youth, how they feel about parenting, and much more! With over 300 questions, this guide is a sure way to help you know your parents better.

7 questions to ask your mom: Listful Thinking Paula Rizzo, 2015-01-13 What do Madonna, Martha Stewart, John Lennon, Ellen DeGeneres, Ben Franklin, Ronald Reagan, Leonardo da Vinci, Thomas Edison, and Johnny Cash have in common? Each is (or was) a list maker. These successful people, along with CEOs and successful entrepreneurs, all use lists to keep track of their ideas, thoughts, and tasks. Finding enough hours in the day to get everything accomplished and allow for some downtime can be a struggle. It's no wonder so many of us are stressed, overextended, and exhausted. More than half of all American employees feel overwhelmed, according to a study by the nonprofit Family and Work Institute. For the 54 percent of us who feel like we're chasing our own tails, Listful Thinking is here to prove that it doesn't have to be that way. You can still find time to relax, read a good book, and do the things you love. Listful Thinking is the book that will give readers their lives back with indispensable tips on saving time, getting organized, improving productivity, saving money, and reducing stress.

7 questions to ask your mom: The Mom Test Rob Fitzpatrick, 2013-10-09 The Mom Test is a

quick, practical guide that will save you time, money, and heartbreak. They say you shouldn't ask your mom whether your business is a good idea, because she loves you and will lie to you. This is technically true, but it misses the point. You shouldn't ask anyone if your business is a good idea. It's a bad question and everyone will lie to you at least a little. As a matter of fact, it's not their responsibility to tell you the truth. It's your responsibility to find it and it's worth doing right. Talking to customers is one of the foundational skills of both Customer Development and Lean Startup. We all know we're supposed to do it, but nobody seems willing to admit that it's easy to screw up and hard to do right. This book is going to show you how customer conversations go wrong and how you can do better.

7 questions to ask your mom: Grown and Flown Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

7 questions to ask your mom: Toxic Mom Toolkit Rayne Wolfe, 2013-12-10 Toxic Mom Toolkit by Rayne Wolfe takes on super toxic mothers with humor, kindness and practical tools to help readers build a peaceful and happy life. The book includes Wolfe's memoir of growing up brave and scrappy in 1950's San Francisco, the daughter of three mothers: an absent birth mother, an abusive adopted mother and a wonderful step-mother. Coupled with her honest memoir, are mini-memoirs of women from all over the world, whose stories of growing up with toxic mothers shine light on the varied ways in which toxic parents can hurt, damage and undermine their children even into adulthood. There are helpful self-tests; positive affirmations and prompts; tools for contact and boundary setting; and lots and lots of wisdom wrapped in laughter. Toxic Mom Toolkit offers readers a starting point for the messy work of gaining perspective, setting boundaries, and breaking the cycle of toxic parenting. Join the Toxic Mom Toolkit community on Facebook.

7 questions to ask your mom: 201 Questions to Ask Your Kids Pepper Schwartz, 2000-02-08 201 Questions to Ask Your Kids Do you have trouble talking to your kids? Does a successful conversation with your child consist of one-word responses or abrupt physical acknowledgments? Does your son or daughter get upset at the most innocent questions? Join the club. Unfortunately, communicating well with kids is something every parent desires but few achieve. We love our children, but talking to them in a meaningful manner isn't always easy. The questions in this book are designed to help. No matter what age or sex your children, no matter how many children you have, no matter how good or bad your current parent/child relationship, this simple game will get your family talking more. And when you're talking--really talking about emotions and fears and attitudes--you'll be learning about each other as individuals and growing closer together as a group. An Introduction For Kids Wouldn't it be fun to find out more about what your father or mother was like when he or she was a kid? Or get to tell your parents which of their friends you think looks dorkiest? Wouldn't conversation be more interesting if you and your family traded unexpected

questions and answers at dinner rather than just talked about what homework did or didn't get done? There are a lot of great things to talk about that no one ever brings up because we usually think conversation is serious rather than a way of being playful. Of course, conversation should be about serious things some of the time--some of the questions in this book are about very serious topics. But other times, questions should be asked just to create new ways to think about things, look back on our lives, or imagine what life would be like if we could design in any way we wanted. In fact, I wrote this book because I think talking can be terrific fun, and even talking to your parents and brothers or sisters can be a kind of great game. Everyone can get to know each other and laugh a lot--and be amazed from time to time. No one wins or loses, but there is an element of surprise in finding out personal information about parents--and sharing some of your ideas, daydreams, and opinions with them. My idea is to think of some of the world's most interesting questions that parents and kids could talk about and give everyone the chance to pick the ones they'd like to hear about. Each person picks a question to ask and then answers a question when his or her turn comes around. All you have to do is choose from the list under 201 Questions to Ask Your Parents and ask any question you want. Your parents can take as long or as short a time they want to answer. Any you can all discuss the topic if you like. But then they go into their section of the book and ask you questions. Some of them might not be so interesting, but others--like asking you who is the meanest kid you know--might be cool to think about and share with them. They'll learn a lot about what you think are ways kids act nasty! You can wiggle out of any two questions that don't interest you or are embarrassing--but no more than that. It's good if a question makes you squirm a little; that means you either haven't thought about it before, or you have but you haven't wanted to deal with it. But why not try out and answer? Pick a set length of time to play for--and my guess is you'll want to extend it. These questions get addictive! You can play them at the dinner table, or after dinner, or on a car trip, or anytime you feel like hearing what your parents say about something. So, this is a book about how to have interesting and often funny conversations with your family. It's a way to avoid dead, boring silences and fill the time instead with questions and answers that everyone will enjoy thinking about. I know that in my family, it is too easy for us to get stuck talking about practical things like who has to be taken where the next day. That isn't particularly fun. It doesn't let me in on what my kids are thinking, and it doesn't help my two teenagers learn things that might help them understand me a little better. An ingenious book that speaks to both parents and their kids. 201 QUESTIONS TO ASK YOUR KIDS/201 QUESTIONS TO ASK YOUR PARENTS is two books in one. Open it from one side, and it provides parents with 201 questions for their children intended to spark discussion, help reveal who their children really are, and help children think about themselves and the world in new and useful ways. Turn it over, and there are 201 questions children can ask back to their parents. Devised as an interactive game, this is a book that can get any family talking--really talking about facts and fears and attitudes. An ingenious book that speaks to both parents and their kids. 201 QUESTIONS TO ASK YOUR KIDS/201 QUESTIONS TO ASK YOUR PARENTS is two books in one. Open it from one side, and it provides parents with 201 questions for their children intended to spark discussion, help reveal who their children really are, and help children think about themselves and the world in new and useful ways. Turn it over, and there are 201 questions children can ask back to their parents. Devised as an interactive game, this is a book that can get any family talking--really talking about facts and fears and attitudes.

7 questions to ask your mom: *The 10 Habits of Happy Mothers* Meg Meeker, M. D., 2020-02-21 "Sekiranya kita sanggup bersusah payah menolak lapan kilogram tembikai melalui bukaan sebesar lapan inci, kita boleh melakukan apa sahaja yang kita mahukan. Apa sahaja." Kita akan belajar 10 tabiat baru yang membawa keseronokan, ketertiban, dan ketenangan dalam hidup kita semula.

7 questions to ask your mom: *Motherhood* Sheila Heti, 2018-05-01 From the author of *How Should a Person Be?* ("one of the most talked-about books of the year"—Time Magazine) and the New York Times Bestseller *Women in Clothes* comes a daring novel about whether to have children. In *Motherhood*, Sheila Heti asks what is gained and what is lost when a woman becomes a mother,

treating the most consequential decision of early adulthood with the candor, originality, and humor that have won Heti international acclaim and made *How Should A Person Be?* required reading for a generation. In her late thirties, when her friends are asking when they will become mothers, the narrator of Heti's intimate and urgent novel considers whether she will do so at all. In a narrative spanning several years, casting among the influence of her peers, partner, and her duties to her forbearers, she struggles to make a wise and moral choice. After seeking guidance from philosophy, her body, mysticism, and chance, she discovers her answer much closer to home. *Motherhood* is a courageous, keenly felt, and starkly original novel that will surely spark lively conversations about womanhood, parenthood, and about how—and for whom—to live.

7 questions to ask your mom: The Startup Checklist David S. Rose, 2016-04-25 25 Steps to Found and Scale a High-Growth Business *The Startup Checklist* is the entrepreneur's essential companion. While most entrepreneurship books focus on strategy, this invaluable guide provides the concrete steps that will get your new business off to a strong start. You'll learn the ins and outs of startup execution, management, legal issues, and practical processes throughout the launch and growth phases, and how to avoid the critical missteps that threaten the foundation of your business. Instead of simply referring you to experts, this discussion shows you exactly which experts you need, what exactly you need them to do, and which tools you will use to support them—and you'll gain enough insight to ask smart questions that help you get your money's worth. If you're ready to do big things, this book has you covered from the first business card to the eventual exit. Over two thirds of startups are built on creaky foundations, and over two thirds of startup costs go directly toward cleaning up legal and practical problems caused by an incomplete or improper start. This book helps you sidestep the messy and expensive clean up process by giving you the specific actions you need to take right from the very beginning. Understand the critical intricacies of legally incorporating and running a startup Learn which experts you need, and what exactly you need from them Make more intelligent decisions independent of your advisors Avoid the challenges that threaten to derail great young companies The typical American startup costs over \$30,000 and requires working with over two dozen professionals and service providers before it even opens for business—and the process is so complex that few founders do it correctly. Their startups errors often go unnoticed until the founder tries to seek outside capital, at which point they can cost thousands of dollars to fix. . . or even completely derail an investment. *The Startup Checklist* helps you avoid these problems and lay a strong foundation, so you can focus on building your business.

7 questions to ask your mom: Power Moms Joann S. Lublin, 2021-02-16 A retired Wall Street Journal editor and mother compares two generations of women—boomers and GenXers—to examine how each navigates the emotional and professional challenges involved in juggling managerial careers and families. For the first time in American history, a significant number of mothers are heading major corporations, including General Motors, Ulta Beauty, and Best Buy. Over the past several decades, women have made gains throughout executive suites. Yet these “Power Moms” still struggle with balancing their management responsibilities with raising children. Joann S. Lublin draws on the experiences of the nation's two generations of these successful women to measure how far we've come—and how far we still need to go. Lublin combines her own insights with those of eighty-five executive mothers across industries—including experienced public-company chiefs such as Carol Bartz, the first woman to command Autodesk and Yahoo; Hershey's Michele Buck, DuPont's Ellen Kullman, ITT's Denise Ramos, and WW International's Mindy Grossman—and twenty-five of their grown daughters. Lublin reveals how trailblazer boomers, many now in their sixties, often endured sweeping disapproval for their demanding management careers, even as their own daughters sometimes rejected their choices. While the second wave of executive mothers—all under forty-five—handle working parenthood with less angst, they still lead stressful lives. *Power Moms* provides lessons and advice to help today's professional women, their families, and their employers navigate this challenging terrain. Lublin looks at the trade-offs mothers are too often forced to make between work and family and the root causes, including the dearth of large-scale paid parental leave and other family-friendly policies. While it celebrates the gains women have made, *Power Moms*

makes clear how much more must be done to make being a working mother easier.

7 questions to ask your mom: *All About Me* Philipp Keel, 1998-01-20 With over a million copies sold, this timeless guided journal is an amazing tool for self-reflection. Now featuring a new cover, layout, and paper for easier writing! Do you want to know yourself better? Self-discovery and self-revelation aren't easy. With simple but provocative questions about wishes and fears, memories and beliefs, secrets and dreams, *All About Me* will reveal everything you ever wanted to know about yourself but never thought—or dared—to ask. Whether you fill it in or answer questions out loud, this is the perfect gift for your friends, your family, your loved one . . . and you.

7 questions to ask your mom: The Dialectical Behavior Therapy Skills Workbook Matthew McKay, 2010-04-15 By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.

7 questions to ask your mom: *The Brave Art of Motherhood* Rachel Marie Martin, 2018-10-09 Full-time FindingJoy.net blogger, speaker, marketer, podcaster, and single mom of seven, Rachel Marie Martin presents a rallying cry to anyone who believes the lie that she is just a mom. Over the years, you willingly pour everything you have into your family, but in the process, you lose the essence of who you are. In her characteristic raw and visceral style, Rachel teaches you how to rewrite the pages of your story, follow your passion, and discover the beauty of who you are. Drawing on lessons from her own incredible journey--together with insight from conversations with thousands of other women--Rachel encourages moms to break cycles, take off masks, and prevent fear from taking control. She balances her no excuses approach with breathing room and grace for those messy moments in life and mothering. Rachel reminds you there is always a reason to hope, to move forward, and to dare the impossible. You can make changes. You can pursue dreams, find yourself, and live a life of deep happiness and boundless joy. Stop waiting for someday. Take hold of the moment, and say yes to your dreams.

7 questions to ask your mom: *The Emotional Incest Syndrome* Dr. Patricia Love, 2011-07-06 From Dr. Patricia Love, a ground-breaking work that identifies, explores and treats the harmful effects that emotionally and psychologically invasive parents have on their children, and provides a program for overcoming the chronic problems that can result.

7 questions to ask your mom: *Surprised by Motherhood* Lisa-Jo Baker, 2014 A lawyer with a well-stamped passport and a passion for human rights, Lisa-Jo Baker never wanted to be a mom. And then she had kids. Having lost her own mother to cancer as a teenager, Lisa-Jo felt lost on her journey to womanhood and wholly unprepared to raise children. *Surprised by Motherhood* is Lisa-Jo's story of becoming and being a mom, and in the process, discovering that all the what to expect and how to books in the world can never truly prepare you for the sheer exhilaration, joy, and terrifying love that accompanies motherhood. Set partly in South Africa and partly in the US (with a slight detour to Ukraine along the way), *Surprised by Motherhood* is a poignant memoir of one woman's dawning realization that being a mom isn't about being perfect--it's about being present.

7 questions to ask your mom: Life's Golden Ticket Brendon Burchard, 2012-08-06 A fictionalized account on one man's journey through a theme park of life after being implored by his dying fiancée to go and discover... Trapped in a prison of his past so he can't see the possibilities, the gifts and the choices available to him, his journey is our journey. Based on Brendon's experience teaching and coaching, he realizes that people never transform the quality of their lives unless their hearts and minds are truly engaged in changing - they need to have a deep, emotional reason to change. This beautiful, engaging story of love, loss and redemption will connect with people immediately. It will also cause readers to think and reflect on their lives more deeply, become more aware of their own life stories, accept their authentic selves, and become accountable for who they are. Brendon reaches out to engage hearts and minds in transforming lives with emotional edge and mental clarity. What is this golden ticket? And what kind of life does it really gain us admission to? The chapters are arranged into life lessons around 4 gates to transformation: Awareness,

Acceptance, Accountability, and Action. Whatever you do, pay the price of admission for Life's Golden Ticket! This book is entertaining, provocative and loaded with wisdom. Honestly, this is the most original book I've read in years! (Bill Treasurer, CEO, Giant Leap Consulting and author of Right Risk - Ten Powerful Principles for Taking Giant Leaps with Your Life) I read the story in one sitting, I just couldn't put it down. I cried, I laughed, I cheered, I wondered where it was all going - and when I finished, I was so thankful for the journey (K C George, Corporate Program Manager, VISA USA) Life's Golden Ticket is wise without being preachy, inspiring without forgetting insight, entertaining without sacrificing empowerment. Brendon Burchard shows incredible depth, compassion, and wisdom on every page. He has given us a true gift. (Kelley Graham, Director, Levi Strauss & Co)

7 questions to ask your mom: Mommy Burnout Dr. Sheryl G. Ziegler, 2018-02-20 The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the perfect mom, filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause. Moms, do you feel tired? Overwhelmed? Have you continually put off the things you need to do for you? Do you feel like it's all worth it because your kids are happy? Are you over being a mother? If you answered yes to these questions, you're not alone. Parents today want to create the ideal childhood for their children. Women strive to be the picture-perfect Pinterest mother that looks amazing, hosts the best birthday parties in town, posts the most liked photos, and serves delicious, nutritious home-cooked meals in her neat, organized home after ferrying the kids to school and a host of extracurricular activities on time. This drive, while noble, can also be destructive, causing stress and anxiety that leads to mommy burnout. Psychologist and family counselor Dr. Sheryl Ziegler is well-versed in the stress that moms face, and the burden of guilt they carry because they often feel like they aren't doing enough for their kids' happiness. A mother of three herself, Dr. Z—as she's affectionately known by her many patients—recognizes and understands that modern moms are all too often plagued by exhaustion, failure, isolation, self-doubt, and a general lack of self-love, and their families are also feeling the effects, too. Over the last nineteen years working with families and children, Dr. Z has devised a prescriptive program for addressing mommy burnout—teaching moms that they can learn to re-energize themselves and still feel good about their families and their lives. In this warm and empathetic guide, she examines this modern epidemic among mothers who put their children's happiness above their own, and offers empowering, proven solutions for alleviating this condition, saving marriages and keeping kids happy in the process.

7 questions to ask your mom: NurtureShock Po Bronson, Ashley Merryman, 2009-09-03 In a world of modern, involved, caring parents, why are so many kids aggressive and cruel? Where is intelligence hidden in the brain, and why does that matter? Why do cross-racial friendships decrease in schools that are more integrated? If 98% of kids think lying is morally wrong, then why do 98% of kids lie? What's the single most important thing that helps infants learn language? NurtureShock is a groundbreaking collaboration between award-winning science journalists Po Bronson and Ashley Merryman. They argue that when it comes to children, we've mistaken good intentions for good ideas. With impeccable storytelling and razor-sharp analysis, they demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, the authors' work is an insightful exploration of themes and issues that transcend children's (and adults') lives.

7 questions to ask your mom: Becoming MomStrong Heidi St. John, 2017-09-19 Have you ever looked into the faces of the people who call you “mom” and wondered what in the world you got yourself into? If you're like many Christian moms today, you've been reading the headlines and watching the rapid-fire changes in our culture with frustration and fear. Let's face it: Moms today are facing questions that previous generations didn't even see coming, and even our right to determine what is best for our own children is under fire. Popular speaker and blogger Heidi St. John (The Busy Mom) believes that today's mothers need a special kind of strength. We need to be

strong in the Lord and in the power of His might. We dare not rely on human strength for the battles we're facing right now. In *Becoming MomStrong*, Heidi has a powerful message just for you—the mom in the midst of it all. Through encouragement, practical prayer points, and authentic “me-too” moments, Heidi equips you for a job that only you can do: to train your children to hear God's voice and to walk in truth no matter where our culture is heading. God wants to use this generation of mothers to do something extraordinary: To be strong in the Lord To know who you are in Christ, and To impart that strength to your kids. In other words, He wants you to be MomStrong! So if you're feeling tired or inadequate today, get ready to find new strength as you join Heidi St. John in *Becoming MomStrong*.

7 questions to ask your mom: Praying Mom Brooke McGlothlin, 2021-08-03 God, I need you to do something in my children! Have those words found their way into your desperate prayers? Do you feel helpless to know how to equip your children for this world and all it throws at them? If so, you're not alone. When Brooke McGlothlin realized her best efforts were falling woefully short of her goal to produce godly children, she discovered the joy and power of praying Scripture over her family. Her life and her children's lives were transformed. Yours can be too. Complete with prayers for specific situations, this encouraging book is perfect for times when you · feel too busy to pray, · don't know what or how to pray, · don't know if your prayers really matter. Nothing is more powerful and faith-building than praying God's Word for those you love. Become a mom full of hope in the God who can, even if you can't. *Praying Mom* is the prayer mentor you've always wanted from a mom who absolutely lives this message on her knees.--STACEY THACKER, author of *Threadbare Prayer*

7 questions to ask your mom: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

7 questions to ask your mom: Hello World! Kelly Corrigan, 2021-04-20 From New York Times bestselling author Kelly Corrigan comes a book that celebrates the people in our lives and the meaningful connections we make that come from asking each other questions. *Hello World!* is the perfect reminder that the journeys we take through life are all about the people we will meet along the way--people who will make us smarter, stronger, and more amazing than we ever thought possible. With her trademark inspirational wisdom, Kelly Corrigan writes the perfect book for anyone about to embark on a new adventure.

7 questions to ask your mom: Life Can Be Good Again Lisa Appelo, 2022-04-19 When life

unexpectedly shatters, it leaves layers of loss. We're left navigating a sea of emotions, unwanted change, and an unknown future all while wondering if we'll ever feel real joy again. In *Life Can Be Good Again*, discover how to lament what's been lost, brave the broken places, find your footing, and anchor your hope in God's character and promises to flourish. In this book, you will learn how to Depend on your unchanging God, knowing with confidence that it's the best way to live. Unmask your emotions and navigate your pain with God, who welcomes and understands them. Overcome paralyzing fears to move forward well with three scriptural steps. Your unexpected future may feel like Plan B, but it's God's purposeful Chapter Two for you as he reshapes your shattered heart. You need to know that you will not merely survive this, but that life will be good again!

7 questions to ask your mom: The 20 Hardest Questions Every Mom Faces Dannah Gresh, 2016-10-01 You Don't Have to Enlist in the Mommy Wars Motherhood is filled with uncertainty and soul-breaking questions. And there is not one right answer despite what the mommy wars tell your heart. You need a coach, someone to come alongside you. Barbara Rainey, cofounder of FamilyLife, says, Dannah helps you find your own soul-healing answers to some of the toughest questions out there. Am I messing up my kids? How do I keep my kids from walking away from the faith? Should I work or stay at home? Homeschool, public school, or private school? Is my child ready to make a decision to follow Christ? In her warm and personal writing style, Dannah Gresh offers biblically based wisdom and encouragement, walking with you as you think through 20 of the most difficult questions confronting moms. Discover how to replace your anxiety and frustration with calm assurance that when you pour out your soul to God, He will show you the right path for you and your children.

7 questions to ask your mom: The Lottery Shirley Jackson, 2008 A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

7 questions to ask your mom: Understanding the Borderline Mother Christine Ann Lawson, 2002 Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim.

7 questions to ask your mom: Ask Amy Amy Dickinson, 2013-05-14 For a decade, Amy Dickinson has been the Chicago Tribune's signature general advice columnist, helping readers with questions both personal and pressing. *Ask Amy: Advice for Better Living* is a collection of over 200 question-and-answer columns taken from 2011-2013. As the highly popular successor to the legendary Ann Landers, Dickinson answers readers' questions with care and attention, while also providing a plainspoken, straight-shooting dose of reality that often only comes to us from close friends. Dickinson's advice is rooted in honesty and trust, which is why so many readers turn to her for advice on their everyday lives and for maintaining healthy, lasting relationships. *Ask Amy: Advice for Better Living* is a testament to the empathetic counsel and practical common-sense tips that Dickinson has been distilling for years.

7 questions to ask your mom: Toxic Parents Susan Forward, 2009-12-16 **BONUS:** This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love Them*. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

7 questions to ask your mom: The Real Simple Guide to Real Life The Editors of Real Simple, Kristin Van Ogtrop, 2015-04-07 REAL SIMPLE, the #1 women's lifestyle magazine, shares the secrets to mastering life 101— from home to work to relationships —in this must-have, illustrated handbook to help young adults navigate their busy, new lives. Right after graduation, the questions start piling up. And they just keep on coming throughout your 20s and beyond: How do I find a job that I love--and, um that pays? What should I wear to the interview? And speaking of clothes, where do I put them when my apartment doesn't even have a closet?REAL SIMPLE created The Real Simple Guide to Real Life: Adulthood Made Easy to answer all of those questions — and so many more. Original essays from best-selling young writers and practical advice from expert contributors simplify (and demystify) landing a job, finding an apartment, decorating on the cheap, cooking for one, dressing for work, organizing a small space, picking a mentor, writing a thank-you note (yes, they're still a thing) — plus all the answers you need to deal with 401(k)s, kitchen fails, epic hangovers, messy roommates, and even messier breakups. Hear from these inspiring women and others about what they wish they had known when they were starting out: Gretchen Rubin, Barbara Corcoran, Rosie Schaap, Gail Simmons, Melinda Gates, Cristina Henríquez, Madeleine Albright, Doree Shafrir, Camille Styles, Egypt Sherrod, Kelly Wearstler, Brené Brown, Edan Lepucki, Abby Larson, Emmy Rossum, Jenni Konner, Jessica Alba, Molly Antopol, Anna Holmes, Rachel Sklar, and J. Courtney Sullivan.

7 questions to ask your mom: *Confident Parents, Confident Kids* Jennifer S. Miller, 2019-11-05 Confident Parents, Confident Kids lays out an approach for helping parents—and the kids they love—hone their emotional intelligence so that they can make wise choices, connect and communicate well with others (even when patience is thin), and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those crazy, wonderful, big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child's life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with *Confident Parents, Confident Kids*.

7 questions to ask your mom: *Sex, Drugs, and Cocoa Puffs* Chuck Klosterman, 2004-06-22 Now in paperback after six hardback printings, the damn funny...wild collection of bracingly intelligent essays about topics that aren't quite as intelligent as Chuck Klosterman'(Esquire). Following the success of *Fargo* Rock City, Klosterman, a senior writer at Spin magazine, is back with a hilarious and savvy manifesto for a youth gone wild on pop culture and media, taking on everything from Guns'n'Roses tribute bands to Christian fundamentalism to internet porn. 'Maddeningly smart and funny' - Washington Post'

7 questions to ask your mom: *Expository Parenting* Josh Niemi, 2017-10-08 There is much to be said for men and women who courageously evangelize on college campuses, in prisons, and

near shopping centers. After all, the Bible indicates that disciples are primarily made by going out to meet lost people where they are. But make no mistake about it: if you're a parent, The Great Commission has come to you—in a bassinet, a booster seat, or a bunk-bed. While other parenting philosophies rely on what seems to work (i.e. pragmatism), what we've always done (i.e. traditionalism), or what's right for us (i.e. relativism), a better perspective is founded upon a biblical approach: teaching the full counsel of God and allowing Scripture to do its work in a child's heart. How do we accomplish this? We must examine the Bible's instructions for pastors, and then apply those principles in the home. In other words, just as the preacher must be committed to expository preaching, so too must the parent be committed to expository parenting.

7 questions to ask your mom: Passionate Learners Pernille Ripp, 2015-08-27 Would you want to be a student in your own classroom? In *Passionate Learners: How to Engage and Empower Your Students*, author Pernille Ripp challenges both novice and seasoned teachers to create a positive, interactive learning environment where students drive their own academic achievement. You'll discover how to make fundamental changes to your classroom so learning becomes an exciting challenge rather than a frustrating ordeal. Based on the author's personal experience of transforming her approach to teaching, this book outlines how to:

- Build a working relationship with your students based on mutual trust, respect, and appreciation
- Be attentive to your students' needs and share ownership of the classroom with them
- Break out of the vicious cycle of punishment and reward to control student behaviour
- Use innovative and creative lesson plans to get your students to become more engaged and intellectually-invested learners, while still meeting your state standards
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- And much more!

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7 questions to ask your mom: *Boy Mom* Monica Swanson, 2019-08-06 This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post *What a Teenage Boy Needs Most from His Mom*. In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for *Boy Mom* "In *Boy Mom* Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I'll refer to again and again in the beautiful and challenging adventure of motherhood."—Becky Keife, author of *No Better Mom for the Job* and mom of three spirited boys "Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In *Boy Mom* she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you'll find deeply rooted biblical and practical advice along with calls to action when you don't know where to start. The *Boy Mom Manifesto* at the end will not only inspire you but also make your heart swell."—Kate Merrick, author of *Here, Now: Unearthing Peace and Presence in an Overconnected World* "Monica Swanson is the ultimate *Boy Mom* mentor. While her perspective on parenting is grounded in biblical wisdom, each chapter holds excellent practical tools for how to work out that wisdom on a daily basis in our homes. Of course, we know there aren't formulas that will ensure we get it all right, but we also know that gleaning wisdom from women who have gone before us (and are still in the trenches with us) is invaluable in the

wonderful adventure of helping boys become all God created them to be.”—Jeannie Cunnion, author of Mom Set Free

7 questions to ask your mom: Do You Know Your Mom's Story? Glenna Mageau, 2018-10-02 What do you really know about your Mom? Do you know what her hopes, dreams and desires were? What was her favorite game as a child? Your mom grew up in a time very different from yours, with different beliefs, habits, and ways of doing things. Discover and preserve her journey, particularly her role as Mom. Her story is her legacy to you.

7 questions to ask your mom: Passionate Readers Pernille Ripp, 2017-08-04 How do we inspire students to love reading and discovery? In *Passionate Readers: The Art of Reaching and Engaging Every Child*, classroom teacher, author, and speaker Pernille Ripp reveals the five keys to creating a passionate reading environment. You'll learn how to... Use your own reading identity to create powerful reading experiences for all students Empower your students and their reading experience by focusing on your physical classroom environment Create and maintain an enticing, well-organized, easy-to-use classroom library; Build a learning community filled with choice and student ownership; and Guide students to further develop their own reading identity to cement them as life-long, invested readers. Throughout the book, Pernille opens up about her own trials and errors as a teacher and what she's learned along the way. She also shares a wide variety of practical tools that you can use in your own classroom, including a reader profile sheet, conferring sheet, classroom library letter to parents, and much more. These tools are available in the book and as eResources to help you build your own classroom of passionate readers.

7 questions to ask your mom: *Things You Can't Ask Yer Mum* Lindsey Holland, Lizzy Hadfield, 2022-05-26

7 questions to ask your mom: Understanding Families Marci J. Hanson, Eleanor W. Lynch, Mary Kanne Poulsen, 2013 Meet the needs of today's diverse American families with the second edition of this cornerstone textbook for early childhood professionals. With timely NEW information on demographic changes, cultural and linguistic diversity, effects of the recession, and infant mental health.

7 questions to ask your mom: You Are the Mother of All Mothers Angela Miller, 2014 Every loss mama deserves to be reminded she is the mother of all mothers.

7 questions to ask your mom: *When You're Ready, This Is How You Heal* Wiest, 2022

Additional Resources

100 Questions to Ask Your Parents - redeemingbabel.org

Check out this list of prompts to help you interview your parents or loved ones. May they help you to know them - and love them, more deeply! 1. What is the first thing you remember? 2. ...

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What's something Mom always says to you? What makes Mom happy? What makes Mom sad? If Mom were a character in a book, movie or TV show, who would she be? What's Mom really ...

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With childlike curiosity, ask your Mom some of these questions. Then LISTEN. Capture her stories with your video camera or even with your cell phone. If she enjoys writing more, use these ...

Basic List of Questions to Ask - PG Casa

Basic List of Questions to Ask Child 1. What are your interests 2. How do you feel about school? 3. Have you visited/spoken to relatives? How often? How did it go? 4. Do you like the ...

Questions to Ask Dad - Tell me your story

Tell me your story Questions for Mom What was your hometown like when you were growing up? What was the best part about your youth? Did you have a favorite pet? Tell me about a time ...

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Mom Interview Each child should ask their mom the following questions. Bring to class next week to finish activity. 1. What is your favorite color? ____ 2. What is your favorite activity to do? ...

Parent and Teen 20 Questions - Family Sunshine Center

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How Well Do You Know Your Parents - Health Unit

Directions: Grab a pen and try to answer these questions about your parent(s). At the same time, your dad or mom will answer the questions in "How Well Do You Know Your Son or ...

Like Mother, Like Daughter? - The Game Gal

Then ask the daughters these questions out loud: • What is your mom's least favorite chore to do around the house? • What is your mom's favorite movie? • When your mom was your age, ...

100 Questions to Ask Family Members - Life's Sweet

1. Do you remember any of the stories your relatives used to tell you? 4. How did you and grandma/grandpa meet? 5. What was mom/dad like growing up? 6. Do you remember any ...

ModernMom Report Card

Here's your chance to let your mom, dad or caregiver know if they are making the grade. Be honest, and fill in the circle for the grade they earned. Does your parent make you feel safe and ...

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50 questions to ask kids: what's your name? how old are you? what grade are you in? how many siblings do you have? where do you live? what's my name? what's your dad's name? when is ...

Family Questions - Therapist Aid

When asked a question, write your own answer, as well as your best guess for each family member's answer. 1. What is everyone's favorite movie or television series? 2. Who is a ...

Five Questions - Wiser Women

This article by AARP outlines the seven essential questions a homeowner should ask before choosing a reverse mortgage. For some older women, buying an annuity can make sense.

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