

# 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](http://www.positivediscipline.org)

