

A blue ribbon graphic with a central rectangular area containing text.

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. 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 or [sign up for our Dad Email™ for weekly tips](#).

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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...

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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)