

- Soul Path Parenting's -

MAGICAL QUESTIONS

to

Transform

YOUR PARENTING

In this guide Amy will show you how to unlock one of the greatest parenting super powers: Asking questions!



As a parent, I've learned to first see if there's a question I can ask rather than jumping in with statements and direction. By doing this, we empower our kids and help them cultivate their ability to think and act for themselves.

- Amy Breeze Cooper

9 MAGICAL DAILY QUESTIONS

Here are our go-to questions we use day in and day out. These questions have transformed our parenting and we believe they'll do the same for you.

For more parenting inspiration, and to listen to the podcast episodes mentioned in this tip-sheet, please visit soulpathparenting.com.

#1 ARE YOU OK? DO YOU NEED ANYTHING?

When one hurts another, physically or feelings, we connect with compassion

In Ep. 14, Steve Sachs shared this beautiful Buddhist-inspired approach. We used to demand that our children say “I’m sorry” and hug each other, which came from a place of control and made one child wrong. Asking this question instead has transformed the energy around “hurts.”

#2 WHAT COULD YOU SAY TO HIM/HER?

Instead of resolving disputes for our kids, we coach them

We’ve all heard it...”Mom! So and so did ___ to me!” Sharing, turn taking, and respect for personal space are skills built with practice. Once they have the basics, we’ve found it’s helpful to invite them to work things out between themselves.

#3 WHAT DO YOU WANT TO DO ABOUT IT?

When they face struggles, or set-backs, we empower them

In [Ep. 11](#), Michal Berg, CEO of Spirituality of Kids International, recommends asking open-ended questions when our kids face challenges. Let them struggle and learn, rather than trying to solve the problem for them. Our need to spare them suffering comes from our own ego.

#4 DO YOU WANT ME TO RESPOND OR JUST LISTEN?

When they want to talk about a problem or challenge, we tune in

In [Ep. 20](#) Rabbi Amy Grossblat Pessah shared that one of the most powerful ways we can love is to just listen. This question became a powerful reminder to herself to listen during her kids' teen years. She shares more in her book, *Parenting on a Prayer*.

#5 WHAT ARE YOU FEELING? IS IT IN YOUR BODY? IS IT AN EMOTION?

When they have big emotions, get hurt, or upset, we get curious

In [Ep. 2 & 5](#), we learn how feelings are our gateway into intuition. It's so important that we acknowledge and allow feelings, hold space for upset, and help our children name what they're feeling so they learn to listen to their inner guidance.

#6 ARE YOU FEELING _____ BECAUSE YOU THINK/FEEL _____?

When you or someone else is triggered...emergency empathy!

In [Ep. 25](#), Micah Salaberrios brought us this magical question to use when things escalate with kids, partners, anyone!. You guess how they feel and why...and keep guessing until things diffuse. It's a part of a powerful way of communicating through conflict called Non-Violent Communication (NVC).

#7 HOW DO I WANT MY KIDS TO EXPERIENCE ME TODAY?

As we get ready in the morning, we can set an intention for the day

In [Ep. 26](#), Bob Tipton shared this beautiful question as he taught us about how to understand and navigate change. The energy we bring to any situation is so powerful...and it's up to us.

#8 WHAT IS THIS MOMENT HERE TO TEACH ME?

When we feel triggered

As Dr. Shefali teaches, our children don't trigger us; we get triggered because of our judgements, fears, and beliefs. Parenting brings us an opportunity to see them through our own reactivity and let them go. For more, I highly recommend her book *The Awakened Family*.

#9 HOW WILL I RECONNECT WITH MYSELF TODAY?

We can (re)align the energy we bring with our intention

I saved the best for last! I'm not going to lie, this one is hard for me too. But I have realized through experience that when I'm drained, I'm not my best self as a parent. This has come up on more episodes than I can list! Let's be kind to ourselves and give ourselves the gift of time to recharge.

9 Magical Daily Questions

Print out this handy cheat-sheet and pin it to your fridge, office board, kids art station or any other place where these transformational practices will be right there when you need them.

The key to lasting change is consistent practice. Once your child hears the familiar question, they'll know and trust that you are handling the situation with presence and patience.

- Are you OK? What do you need?
- What could you say to him or her?
- What do you want to do about it?
- Do you want me to respond or just listen?
- What are you feeling?...Is it in your body? Is it an emotion?
- Are you feeling___because you think/feel___?
- How do I want my kids to experience me today?
- What is this moment here to teach me?
- How will I reconnect with myself today?



LISTEN TO THE PODCAST

Join us as we explore conscious parenting, and the question: *"how can we set our kids up to live their best, most authentic, lives?"*

"I see a world in which all children get to grow up knowing that they are unconditionally loved and accepted – that they are enough just as they are. We are creating it! Let's find the joy in the adventure of parenting and share this journey together."

- Amy Breeze Cooper

LISTEN ON YOUR FAVORITE PLAYER