

FIVE QUESTIONS THAT YOUR KIDS ARE ASKING ABOUT THEMSELVES

BY BOBBY COOLEY

“ Do your kids ask you a bunch of questions? They are searching and seeking answers to understand how the world around them works. As parents, we get the privilege of shaping their worldviews.

What if I told you that along with questions about life, your kids are asking questions about themselves? Questions are in the heart of every child—questions kids ask that will shape their sense of who they are for the rest of their lives. No pressure, parents, but your responses will radically affect your kid's identity. Here are the 5 most important questions kids are asking about themselves:

1

1. Do I have what it takes?

All kids have this question on their hearts. They are experiencing new things every day in school, with relationships, and through sports. These new experiences bring to the forefront anxiety and pressure that asks a question: “Do I have what it takes?” As parents, we help them answer this question through support and encouragement. Every kid is unique and is asking this question in unique ways. You must be present and intentional to help them find the answer.

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2. Are you listening?

Fred Rogers once said, “Listening is where love begins.” They just want to know if you are listening. Do you hear them? Do you hear their hearts? It's important for you to stop, slow down, and listen because as your kids grow, they change from just wanting to tell you stuff to wanting to ask you hard questions about life. If you are not a good listener in your kids' early years, they may not come to you later. Slow down and listen.

3

3. “Do you see me?”

Children are asking this question to everyone, not just you as parents. They are asking this to teachers, coaches, and peers. The greatest gift you can give to your kids is your eyes. They need to know that no matter what, mom and dad see them. When school, sports, and friends fail them, they still know they are secure because their parents see them. The more you see, the more you can speak into and correct and train your kids. They want to be seen, especially by you.

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4. “What can I do to help?”

You may have read this question and immediately thought, “Not my kid.” They may not be saying it outright, but it is a question looming in their hearts. They want to add value, especially at home. Empowering them to contribute to both small and big tasks will help shape them into adults. Strive to teach them something new each month/quarter where they can work or help around the house.

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5. “Who is God?”

Do you know someone with father issues or wounds? How do they view God? In most cases, people with father wounds struggle to connect with the image of “God the Father” because they had a rough earthly father as an example. Your kids are asking this question and you as their earthly father represent the first image they connect to God the Father. How you show love, mercy, grace, and consistency will represent to your kids the love, mercy, grace, and consistency of God.

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kid's identity.”

On a scale of 1-10 (one being very poor and ten being excellent)

How are you as a listener? Be honest.

① _____ 5 _____ ⑩

What are two things you could do this week to give more attention to your kid(s)?

What are two things your kid(s) can do to help around the house?

On a scale of 1-10 (one being little and ten being very)

How distracted are you when you are with your kid(s)? (Work emails, social media, video games, etc.)

① _____ 5 _____ ⑩

What was the last challenge your kid(s) faced? (School, Sports, relationships, etc?) Did they fail or succeed? How did you help them find the answer to, "Do I have What it Takes?" What would you like to do differently next time?

Can you answer the question "Who is God?" Take a few moments and write out your own answer so that you can help your kid(s) explore that big life question.