

FITCHBURG COMMUNITY CONNECTIONS COALITION

SMALL SHIFTS, BIG BONDS

November 2025 Newsletter

True connection grows in the small, everyday moments - a kind reminder before school, a thoughtful question during a drive, or a shared laugh during dinner. The language we use shapes how our children feel and respond. This month, we're exploring simple shifts in our everyday language that can help families slow down, build connection, and grow closer, one conversation at a time.



INSTEAD OF: "We're going to be late!"

TRY: "We're leaving in 5 minutes. What's your plan to be ready on time?"

**Consider using a timer for accountability!*

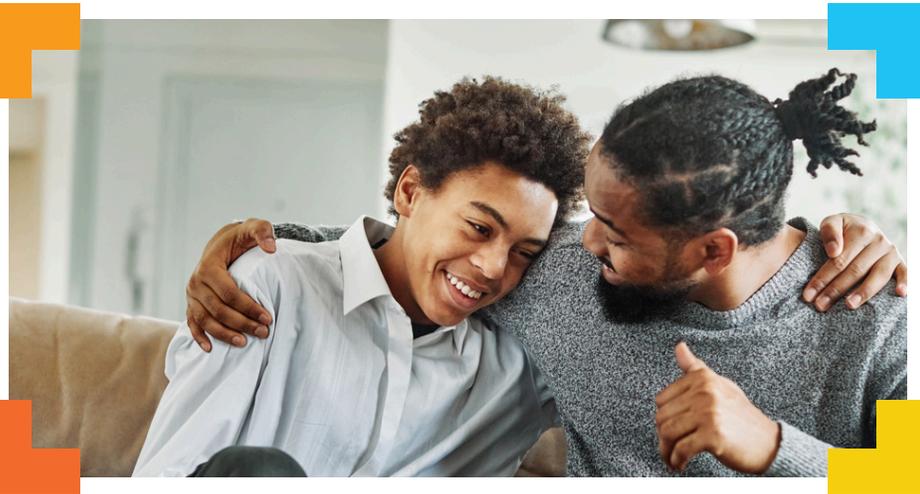
INSTEAD OF: "You're not listening!"

TRY: "Let's focus together, can you tell me what I just said?"

INSTEAD OF: "Brush your teeth, now!"

TRY: "What's the next item on your list for getting ready?"

**Consider using a visible routine list!*



Beyond "How was your day"

When we ask our kids how their day went, "fine" is often the easy and automatic answer - even though we know there are stories, emotions, and moments waiting to be shared. By asking specific, open-ended questions, we invite our children to reflect, express themselves, and feel truly heard. Below are a few thoughtful questions to ask to get beyond "fine".

- How would you rate your day, on a scale of 1 to 10? Why?
- If your day was a story, what would the title be?
- Who did you spend time with at recess or lunch?
- Who made you laugh today?
- What's one thing that's been on your mind lately?
- Was there a moment you felt frustrated or left out today?



ACTIVITY SUGGESTIONS

- **2 truths & a lie:** Each person shares 2 true statements and one false statement about themselves (or their day) and the others guess which one is the lie.
- **10 Questions:** to play this classic game, someone picks either a person, place, or thing, and everyone else gets to ask 10 total yes or no questions to figure out what the object is.