

The Questions They're Afraid to Ask

A Parent's Guide for Talking Through Hard Moments With Their Child

How to use this: Don't run through this like a checklist. Pick 3–5 questions that fit the moment. Ask one, then stop and just listen — silence is okay. Sit at their eye level, not across a table. The goal isn't to solve it in one conversation; it's to show them the door is open.

Opening the Door — Before the “What Happened”

- “You don't have to tell me everything right now — do you want to talk, or just sit with me for a bit?”
- “Is this a talking problem or a just-need-a-hug problem?”
- “Are you looking for my help, or do you just want me to listen?”

The Fears Kids Rarely Say Out Loud

- “Am I in trouble?”

You can say: “I'm not mad. I just want to understand.”

- “Is this my fault?”

“Feelings aren't anyone's fault. What we do next matters more.”

- “Will you still love me?”

“Nothing you tell me will change how much I love you.”

- “Will you tell [teacher / friend's parent / sibling]?”

Be honest about what happens next — don't promise secrecy you can't keep.

- “Are you going to be disappointed in me?”

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Understanding What Happened

- “Can you help me understand what happened, from the start?”
- “What were you feeling right when it happened?”
- “What did you wish would happen instead?”
- “Was there a moment you wanted to stop or say something, but didn't?”

Checking Their Body and Safety

- “Where do you feel this in your body — tight tummy, fast heart, hot face?”
- “Do you feel safe right now?”
- “Is there anyone else this involves that I should know about?”



What They Need From You

- “Do you want me to fix this, or just know about it?”
- “What would help right now — space, a hug, a plan, or something else?”
- “What do you wish grown-ups understood about this?”



Looking Forward

- “What do you think you'll do if this happens again?”
- “Is there anything you want to say to [person involved], even if we don't send it?”
- “What's one small thing that would make tomorrow easier?”

This guide follows the same S.O.A.R. framework as Duh Bruh:

Situation

Ownership

Action

Result

A Note for Parents

Kids often stay quiet not because nothing's wrong, but because they're scared of *your* reaction more than the problem itself. The fastest way to get real answers is to make it obviously, repeatedly safe to give you a messy one.