

Tuck-Me-In  
Talks  
*with Your Little Ones*

Grace Fox



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## **TUCK-ME-IN TALKS WITH YOUR LITTLE ONES**

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# Take Time to Talk

We develop strong relationships with our youngsters by spending time with them. Both the quantity and the quality of these interactions are important. This calls for intentionality and creativity.

My husband and I raised three kids. As a family, we read books together, attended summer camps, and interacted through biking, boating, and playing board games. But we also made time to talk one-on-one—with no parental agenda. One way we did this was by asking simple questions at bedtime.

We began this tradition with our youngest child. Kimberly was in kindergarten at the time, and she loved this routine. Her answers—sometimes silly, sometimes more serious—gave us a glimpse into her mind. Her answers often prompted more questions, and the ensuing conversations established a strong connection between us.

I'm thrilled that you want to connect with your children too. As you use *Tuck-Me-In Talks with Your Little Ones*, you'll see that some questions are easier than others. They are designed to meet the needs of families with kids ages three to eight with a wide range of verbal skills. If a particular question doesn't resonate with

one child, try a different one. That child might respond enthusiastically to the same question a few weeks later.

Some questions are educational, some are plain ol' silly, and some are spiritual. Listen to the answers and engage your youngsters with further questions. Laugh with them and explore with them. Children's imaginations change as they grow, so you'll be able to use *Tuck-Me-In Talks with Your Little Ones* over and over. Keep a notebook handy—you may wish to record the answers.

Use this resource in a way that best fits your family's needs. If bedtime doesn't work for you, use it at mealtime or when you're driving somewhere. The point is, use it to develop your relationship with your kids.

Grandparents, this works for you too. I have five grandchildren, ages five and under, and the oldest two ask me to read them these questions. Their answers always bring a smile to my face.

Enjoy this book and love your kids. Whoever said, "Enjoy them now because they'll be grown and gone before you know it" was right.

Cheering for you and your family,

Grace

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How do you think  
**ice cream** is made?



What's your  
favorite **flavor**?

What are your  
favorite **toppings**?



What **clothes** do you like  
wearing **the most**?



Why do you like them **more**  
than your **other clothes**?





What's the best way  
to eat **spaghetti**?

**Ice cream?**

**Jell-O?**





Show me a **sad face**.

Name **three** things  
that make you **sad**.

Now show me a **happy face**.

Name **three** things  
that make you **happy**.



Pretend you're an **astronaut** looking out the window of your **spaceship**.

What do you **see** out there?



How many **stars**?


How bright is the **sun**?

What does the **earth** look like?



What's your  
favorite **game**?

Explain the **rules** to me.



Why do you like it  
more than  
**other games**?