

How to train adults? Just feed them an “info” snack!

A short quiz to make sure we are all on the same page. Select one or more of the answers below and discuss.

Why do parents ask us questions about school or group or an activity?

- a) They just want to annoy us.
- b) They don't have anything better to do.
- c) They are nosy.
- d) They weren't there, so they don't know.
- e) All of the above.

What happens if I answer with, “I don't know” or “nothing” or just stay silent? (choices below use mom as an example, but it could be any adult)

- a) It makes mom wonder even more about what I do all day at school.
- b) It makes mom suspicious about my actions.
- c) It makes mom a little frustrated because she knows I know and just won't say.
- d) It makes mom continue to ask me more questions.
- e) All of the above.

The reality is that parents are actually like little critters (pups, kittens, etc.) who need to be fed. Their nourishment is information. In fact, they almost sit up and beg for information about things we did or said during the day. If you refuse to feed them information, then they just keep asking and digging and asking and asking. But it's pretty easy to train adults.

For example, a common issue is how to handle your parents or caregivers who ask a lot of questions...especially in the car/bus/train.

Scenario: [HINT: You know they are going to ask questions so prepare yourself by using this strategy and simple formula to feed their never-ending hunger for information

1) Think (1 thing that happened) + 2) a detail + 3) your opinion or feeling = info snack

Adult: ***“What did you do today?”***

You: (THINK) about one part of your day and give them (A DETAIL or a little info snack)

“In math we had to learn about decimals.”

(ALWAYS add your opinion or feeling) ***“I think it's pretty easy.”***

What happens? It's like magic. The adult is fed and will let you rest for a bit before begging for another snack. So, you can see that it's easy if you just toss them an “info” bone to chew on to avoid the questions, questions, questions!!

Think (one thing that happened) + a little detail + your opinion or feeling = info snack