



# 50 Family Conversation Starters from Carpool Conversations Podcast



Ep. 1 | Welcome to Carpool Conversations

**What has been your favorite part of your life so far? Why?**



Ep. 2 | How to Help Your Kids Have Self Control

**Tell me about a time you had to wait for something. Was it worth the wait? How did you feel after the waiting was over?**



Ep. 3 | Dealing with Sibling Rivalry

**How am I hard to love sometimes?  
How are you hard to love sometimes?**



Ep. 4 | Helping Your Kids Handle Anxiety and Find Peace

**What do you think most of the kids in your class worry about? What are some things that you worry about?**



Ep. 5 | Cultivating Kindness in Your Kids & Dealing with Bullying

**Is there anyone that you've noticed that others pick on?  
How do you think that person feels when they are picked on?  
How can you help when you see this happening?**



Ep. 6 | Developing Resilience & Grit in Your Kids

**What was your "high" of the day?  
What was your "low" of the day?**



Ep. 7 | Helping Parents & Kids Deal with Anger

**What is something that has made you angry recently? Why?  
Is there something you need to repair as a result?**



Ep. 8 | Equipping Kids to Make Friends & Develop Healthy Relationships

**What makes someone a good friend? Who in your life would you consider a good friend, and why? How can you be a better friend?**



Ep. 9 | How to Prioritize Wellness as a Mom

**What should be some of the most important things to our family?**



Ep. 10 | Managing our Kids Screen Time

**If technology didn't exist, what would be some of your favorite things to do?**



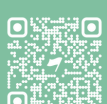
Ep. 11 | Pressing the Reset Button

**Name your top 10 best family moments from this past year together as a family.**



Ep. 12 | Giving Blessings & Celebrating Milestone Moments

**What is something you have been wanting us to do as a family that we haven't done yet?**



Ep. 13 | Raising Healthy & Independent Young Adults

**What is a characteristic or quality that you wish you had more of?**



Ep. 14 | Preparing Kids to Leave the Nest

**What do you think I was like as a teenager or young adult?**

**After they answer, share a memory or two about what you were like as a young adult.**



Ep. 15 | Inspiring Kids to Serve Others

**What are some ways we can work together as a family to serve to others in need?**



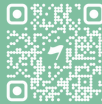
Ep. 16 | Deepening Your Family's Faith Through Discipleship

**How do you think our family can grow in our faith together?**



Ep. 17 | - Identifying Your Family Values

**What do you want to be known for?**



Ep. 18 | The Power of Family Play

**How would you like us to play more together as a family?**



Ep. 19 | Creating Memorable Family Experiences

**What is a regular thing we do in our house that you are glad we do? And why?**



Ep. 20 | Are My Kids Ready for Overnight Camp?

**What are the things that would get you excited about going to camp?**



Ep. 21 | A Parent's Guide to Asking Kids Great Questions

**How do you like to be encouraged when you're learning something new or struggling with overcoming something difficult?**



Ep. 22 | Helping Kids Learn Through Risk-Taking

**What was the last risk you took or new thing you tried? How did it work out?**



Ep. 23 | Navigating the Faith & Fears of Teenagers

**What are the topics of discussion in your small group at church?**



Ep. 24 | Leading Your Family as a Team

**What has been your favorite team you have been on and why? If our family was a team, who is playing what position?**



Ep.25 | Managing the Feelings of Parent Guilt

**What am I doing well as a parent that you want me to keep doing?**



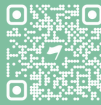
Ep. 26 | Helping Kids Manage Peer-Pressure

**Where have you seen a friend give into peer pressure?  
What would you have done differently in that situation?**



Ep. 27 | Navigating Change with Kids

**What is a change on the horizon for you or our family?  
How can we reframe the change from scary to exciting?  
How can we prepare for the change?**



Ep. 28 | Surrounding Kids with Faith Influences

**Who are people outside of our family (adults) who you look up to and why?**



Ep. 29 | Empowering Kids with a Whole Child Approach

**What questions do you have about the Bible that you haven't gotten good answers for yet?**



Ep. 30 | Cultivating Thanksgiving & Gratitude in Your Kids

**What is something that God has given that you are thankful for, that you weren't thankful for at first?  
Why are you thankful now?**



Ep. 31 | Inspiring Creativity in Your Kids

**Who is the most creative person you know and why?  
In what ways are you creative?**



Ep. 32 | Four Parenting Tips for Disciplining Teenagers

**What is the hardest part of living out your faith as a teenager?  
Do you have someone in your life disciplining you right now?**



Ep. 33 | Keeping Jesus at the Center of Christmas

**What is your favorite Christmas tradition that we do as a family, and why?**



Ep. 34 | Living Out Your Family Values

**What do you think is most important to our family? Why?  
How have you seen our family grow this year?  
Where do we still need to grow?**



Ep. 35 | Helping Gen Z Form a Lasting Faith

**How is your generation different from my generation?**



Ep. 36 | Helping Your Kids Fall in Love with The Bible

**If you could only pick one bible story which one is your favorite and why?  
If you could pick to be a character in the Bible who would be and why?**



Ep. 37 | Building Security & Trust in Your Kids

Has there ever been a moment when someone broke your trust?  
How did it feel?  
What did you do about it?



Ep. 38 | Equipping Parents to Connect with their Boys

**FOR BOYS**

What makes it hard to be a boy in today's world?

**FOR GIRLS**

What makes it hard to be a girl in today's world?



Ep. 39 | Making Sabbath a Family Priority

How can we use our Sundays to rest and refresh ourselves, so that we are ready for the new week?



Ep. 40 | Building a Prayer Life as a Family

What is something that you are worried about that we could pray about together?



Ep. 41 | How Camp Shapes Young Leaders

What is your dream job?  
What skills do you need if you had that job?



Ep. 42 | Learning From Empty Nesters

What is something you feel that you still need to learn from me before you graduate?



Ep. 43 | Taking the Pressure Off in Parenting

Where are you feeling stress or pressure in your life?  
As your mom/dad where do I stress or worry too much in our relationship?



Ep. 44 | Letting Go & Leaning Into the Holy Spirit

**SHARE**

Share a story of how you personally have stepped out in faith.

**ASK**

Are there areas in life where you need to take a bold step of faith?



Ep. 45 | Helping Kids Develop Big Hearts & Calm Minds

Who is the kindest person you encounter at school (or other location?)  
What specific things do they do that made you think of them as really kind?



Ep. 46 | How Summer Camp Helps Kids Grow

What is a recent challenge you have overcome?



Ep. 47 | Investing in Your Marriage with Genee Francis

What qualities are you going to look for in someone to marry one day?  
Why are those important to you?



Ep. 48 | Navigating Blended Family Challenges

**FOR THOSE NOT IN A BLENDED FAMILY:**

Who do you know that might be in a blended family and what kind of questions do you have about blended families?

**FOR THOSE IN A BLENDED FAMILY:**

What are some benefits/challenges of us having a blended family?



Ep. 49 | The Five Love Languages with Dr. Gary Chapman

How do you love someone who is super different than you?



Ep. 50 | Becoming a More Engaged Parent

**YOUNGER**

What do you think it would mean for me to be the "best parent ever?"

**OLDER**

Where do you need me to dial in more?

Where would you like me to step back?



# Tune in to Carpool Conversations

