

Better Questions

Improve the information behind the next decision.

A first interpretation can be useful, but it is rarely complete. A question that looks for context, strengths, barriers, and exceptions gives a family or team more ways to move forward.

FOUR MOVES TO TRY

01 Describe before deciding

Name what happened without attaching a character judgment.

02 Look for context

Ask what preceded the difficulty and when the pattern changes.

03 Invite the person's view

Ask what feels hard, what has helped, and what would make the next step possible.

04 Choose a useful response

Match support and accountability to what the fuller picture reveals.

TWO WAYS TO APPLY IT

YOUNGER CHILD

A child stops a task. Ask what part feels hard and whether one small start would help.

TEENAGER

A teen misses an agreed check-in. Ask what got in the way, then agree on a clear plan for next time.

COACH THE CAREGIVER

Ask the caregiver to replace one assumption with a question they can ask without blame.

TRY IT THIS WEEK

Take one recurring label and rewrite it as an observation. Ask two questions that could change your understanding.

REFLECTION

Which question am I asking most often, and what might it prevent me from seeing?

SAFETY AND PRACTICE

Curiosity does not delay immediate safety action or remove reasonable limits.

AUTHORSHIP AND CONTEXT

Dr. Charles Pemberton, Ed.D., developed the original Clinical Perspectives materials for the FITT team while serving as Clinical Program Director at Omni Family of Services. This website adaptation is for general education; it does not state current Omni or FITT policy. Publication rights review is pending.