

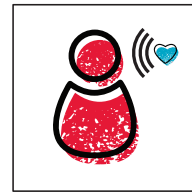
TALK ABOUT IT



Express Care

What are meaningful ways that you express care in your family, culture, or tradition?

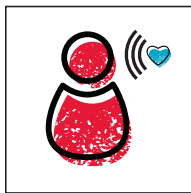
TALK ABOUT IT



Express Care

Which of the five areas of expressing care are most comfortable for you? Which areas are most challenging?

TALK ABOUT IT



Express Care

How has expressing care changed as your kids have grown up? How have you adjusted?

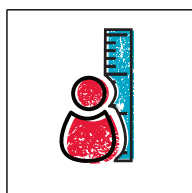
TALK ABOUT IT



Express Care

What are ways you maintain your warmth when your kids do things that you really don't enjoy—or even that you disapprove of?

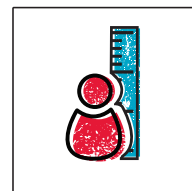
TALK ABOUT IT



Challenge Growth

What have been some of the most rewarding times you've had in challenging your kids to grow? What have been some of the hardest?

TALK ABOUT IT



Challenge Growth

Challenging our kids to grow can be tricky. On the one hand, pushing our kids to take on challenges helps them grow. On the other hand, we hope they will work on goals because they want to. How do we live with that tension?

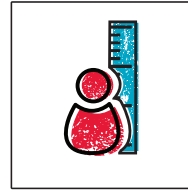
TALK ABOUT IT



Challenge Growth

What is the hardest part about challenging our kids to grow and learn? What has helped you work through these difficult areas?

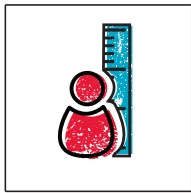
TALK ABOUT IT



Challenge Growth

How do we respond when our kids disappoint us by not living up to a challenge or expectation? How do they respond?

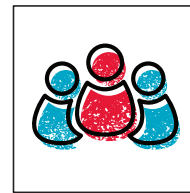
TALK ABOUT IT



Challenge Growth

Who are the people who challenge you to learn and grow as a parent? What do they say or do that really helps you keep going, even when it's tough?

TALK ABOUT IT



Provide Support

How do you balance doing things for your child vs. letting your child do things for herself or himself? How do you know when you do (or don't) get that balance right?

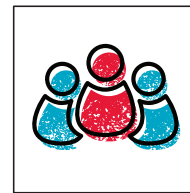
TALK ABOUT IT



Provide Support

What are ways we as parents encourage, guide, model, and advocate for each other? What kinds of mutual support from other parents do we most appreciate?

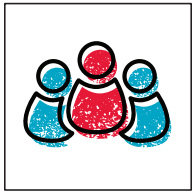
TALK ABOUT IT



Provide Support

How do you respond when you see your children being treated unfairly? Is it different if they're being treated unfairly by their friends, other kids, teachers, other adults, or some larger system (such as police, or schools)?

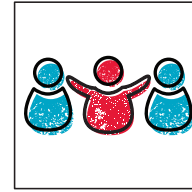
TALK ABOUT IT



Provide Support

When has the need to support your kids changed—either because you needed to back off, or because they needed more support in some area? How did you adjust? How did that affect other parts of your relationship? How did it affect other relationships?

TALK ABOUT IT



Share Power

How does the idea that sharing power is an important part of family relationships strike you? What parts of it make the most sense? What doesn't make sense?

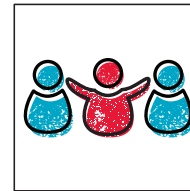
TALK ABOUT IT



Share Power

When have you found great satisfaction as a parent by sharing power with your child? What gave you that satisfaction?

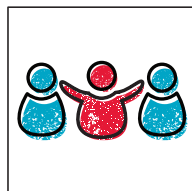
TALK ABOUT IT



Share Power

What's hardest for you about sharing power with your child? How have you managed the hard parts?

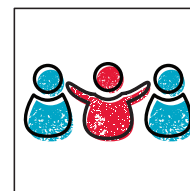
TALK ABOUT IT



Share Power

The ways families share power changes as kids grow up. What are some ways you've seen families effectively share power when their kids are different ages, from infancy to adulthood? At what ages can it be most challenging?

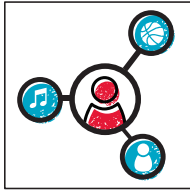
TALK ABOUT IT



Share Power

What advice would you have for parents of younger kids when it comes to sharing power in the family?

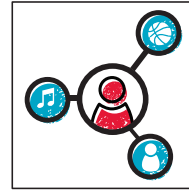
TALK ABOUT IT



Expand Possibilities

What is one thing you really enjoy (music, ideas, foods, etc.) your child has introduced you to that you never would have know otherwise? How does it now enrich your life?

TALK ABOUT IT



Expand Possibilities

Sometimes we worry about our kids getting exposed to ideas or beliefs that are different from our own. How might we use those encounters to help our kids grow?

TALK ABOUT IT



Expand Possibilities

When you were growing up, who were adults outside your family who really meant a lot to you? What did they do that left a lasting impression?

TALK ABOUT IT



Expand Possibilities

What are ways families have intentionally expanded their circle of friends to include people with many different backgrounds, experiences, or beliefs?

TALK ABOUT IT



Expand Possibilities

What are areas of life where you have encouraged (or could encourage) your child to get help from an adult outside your family? How has (or could) asking someone outside the family for help made a difference?