

# Parent Chats: Sharing Wisdom



## Parent Chat Conversation Starters

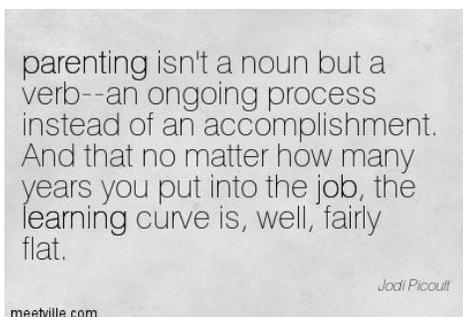
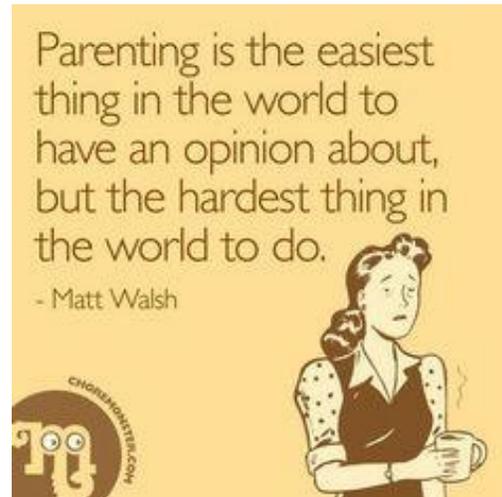
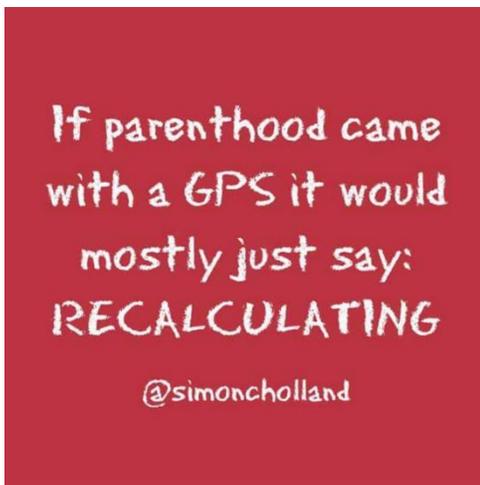
Your Chat can be as structured as you wish, or they can be free-form open discussions.

Whether you do one chat or more, consider the following themes as guides for the conversation:

- 1) Getting to know one another
- 2) Building a Strong Relationship with your Children.
- 3) Being a Strong parent
- 4) Taking Care of Yourself

The following quotes and questions are grouped according to the topic areas. You can use any of these to get conversations started, or go with a suggestion from the group.

### 1) Getting to know one another



Describe an ideal home. How does it look? How does it feel? What happens in that home? What doesn't happen?

What do we want for our children when they are fully grown (say, 28 years old or so)?

- What sort of life would we want them to lead?
- What types of relationships would they have?
- What would our relationship with them be like?

# Parent Chats: Sharing Wisdom



## Parent Chat Conversation Starters

### 2) Building a Strong Relationship with your Children.



How do you make time to be with your children?

How do you play as a family?

How easy, or difficult, is it for you to turn off the judging, lawyer voice in your head and listen?

How well would your child say that you listen to him/her?

How easy is it to acknowledge your child's feelings when he or she is angry? What do you say to him/her in those moments?

What is the ratio of positive words to negative comments that your child hears from you?

What are your child's strengths? When do they shine?



Quotes and Questions provided courtesy of



[www.apcyf.org](http://www.apcyf.org)

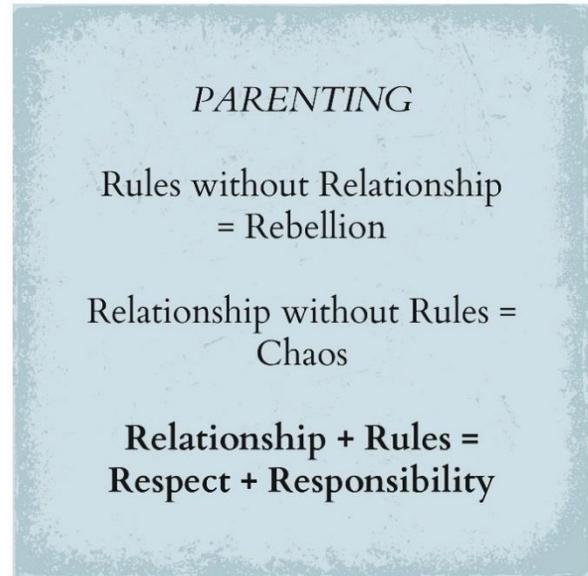
Conversation Starters

# Parent Chats: Sharing Wisdom

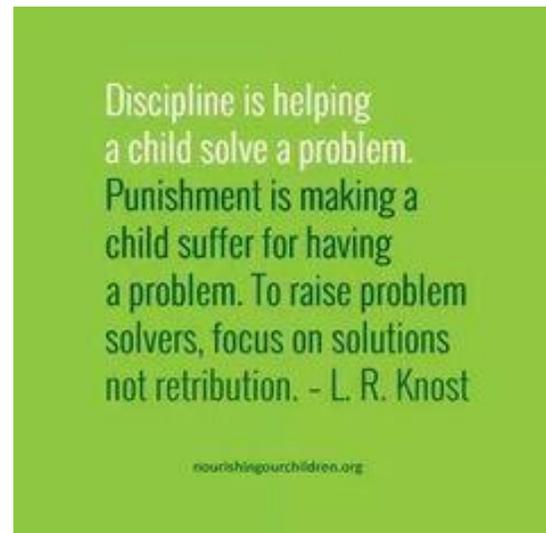


## Parent Chat Conversation Starters

### 3) Being a Strong parent



- What are some of the boundaries you have with your children?
- What do you do to reinforce positive behaviors at home? Address negative behaviors?
- How do you model behavior/beliefs for your children?
- How do you answer your child when they say “everyone else at school has one”?
- Do you use a chore chart or something similar at home?
- What are some “deal breakers” in your family?



# Parent Chats: Sharing Wisdom



## Parent Chat Conversation Starters

### 4) Taking Care of Yourself

Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, then we can give from our surplus, our abundance.

Jennifer Louden

The greatest weapon against stress is our ability to choose one thought over another.

– William James

TooMuchonHerPlate.com

"Self-compassion is simply giving the same kindness to ourselves that we would give to others." -Christopher Germer

What was your favorite ritual BC (before children)? Can you bring one of them back today?

What are the barriers you face when it comes to taking care of yourself? What can you do about them?

What are healthy coping mechanisms you have for managing stress?

What winds create your perfect storm? What is one wind that you can calm right now?

If you are going through some challenges, how can you give yourself permission to take a break? Taking care of yourself will keep up your resiliency.

What are the moments in your day when you're the most vulnerable? Bedtime? During the night? Morning? What's one thing you can do to help you prepare for this vulnerable time?

Quotes and  
Questions  
provided courtesy of



[www.apcyf.org](http://www.apcyf.org)

Conversation Starters