

Tough Starts: Family Matters

A Discussion Guide

1. Caring For Yourself

- a. What feelings about raising a tough start child most resonated with you?
- b. What is most challenging to you about shifting your expectations about parenting?
- c. What areas of your life are most difficult for you? What strengths or resources do you have to draw on to help you manage those better?
- d. Why is it important to take care of yourself first?
- e. Name three specific things you've done to care for yourself since taking this course.

2. Caring For Your Other Children

- a. How do your children feel about having a sibling with a tough start?
- b. If you are concerned about safety, what have you already done to ensure the safety of your family?
- c. What ideas on how to help your other children are most likely to work in your family?
- d. Name three specific things you've done regarding your other children since taking this course.

3. Caring For Your Relationship With Your Spouse

- a. How has caring for your tough start child affected your relationship with your spouse?
- b. Which of the ideas on reinvigorating your relationship with your spouse are you most likely to try? Why?
- c. Which of the tips on rebuilding your relationship have you tried since taking this course?

4. Caring For Your Other Relationships

- a. What tips on nurturing your other relationships have you tried since taking this course?
- b. Think about the people in your life. Who supports you? Who makes you feel bad?
- c. How have you educated those around you about the issues of raising a tough start child?

