

Tough Starts: Parenting Matters

A Discussion Guide

1. What Is Therapeutic Parenting?

- a. How do your cognitive and emotional responses factor into therapeutic parenting?
- b. Which approach to therapeutic parenting most resonated with you?

2. What You Need To Know About Yourself

- a. What strengths and vulnerabilities do you bring to the table and how do you see them affecting the way you parent?
- b. What opportunities and threats are present and how will you work with or around them?

3. What You Need To Know About Your Child

- a. What strengths and vulnerabilities does your child have?
- b. What opportunities support and threats hinder your child's healing?
- c. What are the ways you can use your child's tells to be aware of his or her triggers?

4. Therapeutic Parenting In Action

- a. How do you plan to avoid threats and plan for vulnerabilities?
- b. How will you manage meltdowns?
- c. How do you plan to modify your parenting approach?
- d. What do you see as being the most likely times you'll put therapeutic parenting in action? The most difficult?

