

## Video 1: You and Your Child

This “Video Library” version of the *Active Parenting: First Five Years* group discussion program is designed for parents to view on their own or in groups. Because group viewing can be enhanced through discussion, the following questions are designed to help a leader facilitate such a discussion. Most of the questions are aimed at helping parents apply the information in the video to their own lives. They can be used in a large group or with parents in pairs or small groups. Ask as many questions as time allows and add or delete questions as you think best for your audience. For longer and more in- depth discussions of the topics covered by the video, you can order a copy of the *Active Parenting: First Five Years* Leader’s Guide from the Discussion version of the program. Experience has shown that parents who read the accompanying *Parent’s Guide* (and complete the home activities that are included) will best be able to utilize the skills presented in the video.\* However, when this is not possible, the Parent Handouts (also available for download from [www.ActiveParenting.com/FFY](http://www.ActiveParenting.com/FFY)) will help. Permission is granted to photocopy the Parent Handouts for this use.

### Leading a Group Discussion

Introduce the video by asking a few questions such as:

- ◆ Why might parenting be considered one of the most important jobs in the world?
- ◆ What do you think the term “styles of parenting” means?
- ◆ What are some of the challenges parents of young children often face?

**Video and Discussion** (Play the video and follow with questions such as these: )

1. What is one thing that you learned or relearned from watching this video?
2. In the “Ages and Stages” music video, did you see your own child in the examples? Did you see yourself as a child? How? Were you similar or different from your own child?
3. Why is it useful to know something about the ages and stages of child development?
4. What are the three styles of parenting that the video described?
5. Why is the “Active” or “Just right” style considered best?
6. One of the techniques used in the “Just Right” style of parenting is the Method of Choice. How can you use choices with your own children to avoid power struggles while still being the leader in the family?
7. Why is building a bond with your child good for both you and your child? What are some ways of building a good bond?
8. The video talked about the importance of play to young children. What are some fun and safe ways that you have found to play with your young child?

### Closing

In this series, we’ll be learning ways to help you help your child survive and thrive in a democratic society while you learn to be an Active parent. Our next session will focus on the important topic of preventing problems. I look forward to seeing you then.

\*Order Parent Guides, Leader’s Guide, and other materials at [www.activeparenting.com](http://www.activeparenting.com) or 800-825-0060.