

Video 1: The Active Parent**The Purpose of this Video**

This “Video Library” version of the award winning program, *Active Parenting 4th Edition*, is designed for parents to view on their own or in groups. Leaders can use the following questions to facilitate a discussion for each video. Most of the questions are aimed at helping parents apply the information in the video to their own lives. Ask as many questions as time allows, and add or delete questions as needed.

Experience has shown that parents who also read the *Parent’s Guide* and complete the activities in the accompanying *Parent’s Workbook* will best be able to utilize the skills presented in the video.* However, when this is not possible, the *Active Parenting 4th Edition* Parent Handouts (available for download) will help parents retain what they have learned. Permission is granted to duplicate the Parent Handouts for this use and pass them out to parents.

Leading a Group Discussion**Introduction**

Introduce the video by asking a few questions, such as:

- ◆ What do you think the term “styles of parenting” means?
- ◆ Have you ever wondered why we discipline children the way we do?
- ◆ Have you ever wondered if there are better ways to discipline your children?

Video and Discussion

Play the video and follow with questions such as:

1. Although the video makes a case for using the Active style of parenting, it also mentions some positive attributes of the Dictator and Doormat styles. What’s good about these two styles?
2. Why is the Active style of parenting better suited for our society than the Dictator or Doormat styles?
3. Which style do you use most often? (Note: Let parents know that there is a **free** survey they can use to assess their parenting styles at http://www.activeparenting.com/Parents-Parenting_Style_Quiz)
4. According to the video, what lesson can we learn from the story of the Swedish battleship, the *Wasa*?
5. What is the concept of “freedom within limits,” and why is it important in parenting today?
6. What did you learn from the vignette about children’s brains?
7. Why is it important to give children choices? What are some choices you already give your children? What are some choices that you could start giving them?
8. What are some ways that you can teach your children to respect you and other people?
9. What are some fun things you can do to enrich your relationship with your children?
10. What are some of the positive effects of having family meetings? Does your family already have regular meetings? Will you start doing this in the future?

Closing

In this program, you’ll be learning how to be an Active Parent and help your child survive and thrive in our democratic society. Remember, to get the most from the videos, keep up with the reading in your *Parent’s Guide* and do the activities in your *Workbook*. Next session we will focus on the important topics of communication and cooperation. I look forward to seeing you then.

* You can order *Active Parenting 4th Edition Parent’s Guides* and *Workbooks* at www.ActiveParenting.com or by calling 800-825-0060.