

Discussion Questions

Helping Children Cope in the “Real World”

1. In what ways do you think each of your children feels confident?
2. In what ways can you create a more ‘user-friendly’ environment for your children so that they are able to do more for themselves?
3. Consider who/what are the supports you have to help you face the challenge of parenting. In what ways can you strengthen your support?
4. Reflect on all the different groupings to which your child belongs.
5. In what ways can you nurture your child’s sense of belonging at home/ in the community/ in the natural world/ with him/herself / with whatever you understand as the Divine?
6. Consider ways in which you can reaffirm your child that s/he is of worth?
7. Consider ways in which can nurture all three ‘legs’ of self-esteem.