



with Care for the Family

Discussion Questions

Episode 2: Families that flourish

1. How does your own parenting style differ from how you were parented?
2. It's helpful to understand how our upbringing has affected the way we live our lives. Can you share one or two things you have noticed – either positively or negatively – that affects the way you parent your children?
3. How could you become more aware of your own parenting style, so that you can be more “consciously responsive” rather than being “automatically reactive”?
4. Katharine talked about the value of life-giving words, and how they help to create that warm and affirming environment in our homes. Are there times in the day, or moments in your week, where you find this easy or more challenging?
5. Emma talked about the importance of being compassionate towards ourselves and our parents. When do you find this easy, or hard, to do?
6. We saw a glimpse into one aspect of Eby's family at home around the table. What values are important to you as a parent that help to create that sense of belonging at home?
7. Katharine shared how important their one-to-one Saturday morning breakfasts were as their children grew up. What tradition could you start with your family that could become a treasured activity they remember for years to come?
8. The presenters discussed the importance of having friends to help us navigate the ups and downs of family life. How can you intentionally develop a culture of being real and supportive in your friendship circle?



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