



with Care for the Family

Discussion Questions

Episode 3: Early childhood development

1. What do you love about the early years? If your child is older now, what are some of your treasured memories from that season of parenting?
2. There are so many challenges throughout the early years of parenting. Share some of the things you've found particularly difficult.
3. Emma shared about the importance of the parent/child relationship, and how it influences the way our children develop in the world. She highlighted four things that our children need; they are looking to feel safe, to be seen, to be soothed and to feel secure. How do we find ways to establish these things in our young children's lives?
4. The early years provide so many learning opportunities for us as parents. Each child is unique and we'll often need to interact differently as they develop. What have you been learning recently as a parent?
5. Becky talked about how valuable it is for us to give our children plenty of eye contact in those early years of development. She shared how she tried to put her phone down more. What healthy boundaries could you put into your lifestyle to strengthen that quality time with your children?
6. The presenters discussed how easy it is for us to compare ourselves to the other parents around us, but also how detrimental this can be to our own parenting journey. In what ways do you struggle in this area?
7. What did you learn from Beth and her children about the simplicity of playing together during the different ages and stages of our children's development?
8. Emma talked through the acronym P.A.C.E. which stands for: Playfulness, Acceptance, Curiosity and Empathy. She discussed how valuable it is to help our children express and understand the emotions they are feeling, while ensuring we don't dismiss or 'fix' them. How could this acronym help you parent your younger children?



Care for the Family is a Christian initiative to strengthen family life.
A registered charity (England and Wales: 1066905; Scotland: SC038497).
A company limited by guarantee no. 3482910. Registered in England and Wales.