



## JOY

# REFLECTION & DISCUSSION *Questions*

VIDEO: "CONNECTING WITH THE HEART OF YOUR CHILD"

How intentional are you with using mealtimes, bath times and bedtimes to be great connection times with your child(ren)?

Do you embrace discipline promptly and consistently with your child(ren)?  
Do you see how discipline is related to the joy and connection your experience with your child(ren)?

Do you need to make any adjustments in the area of disciplining your child(ren)?

When are times that you typically have great positive, encouraging conversations with your child(ren)?

How is the positive:negative ratio of words in your household?

Do you need to make any adjustments in the area of conversation with your child(ren)?

When discussing the prioritization of time that allows us to connect with our kids, the statement "we won't find time, we must make time" was made.

If you are parenting with a spouse, discuss together your perspectives on how you are currently spending your time and how you WANT to spend your time.

If you are a single parent, is there a trusted someone who knows your family that you can ask for help and input in this area?

What are your favorite ways to have fun with your child(ren)? Is having fun together a regular part of your home? Do you need to make any adjustments in this area?

When considering the areas of discipline, conversation, prioritizing time, and having fun, what ONE adjustment would you like to implement this month?

If discussing in a group of parents, share with each other what you do - habits and decisions - to ensure that connection time with your child(ren) is prioritized in the rhythm of your family life.

