

DISCUSSION QUESTIONS

These questions are designed to take the theory you read about in "The Connected Parent" and apply them to your own home as you welcome vulnerable children.

Chapter One: Attachment

1. Why is it so important to build trust with children?
2. What is one way you plan on building trust with kids as they enter your home?
3. Describe at least one way you can give kids that come into your home a "yes."
4. Why is it important that when a child first comes to us that they learn to depend on us (no matter their age)?
5. Give an example of how will you provide opportunities for children to depend on you once they enter your home?
6. Explain in your own words the mindset-shift from "bad behavior" to "survival strategies."
7. It is important for children to learn healthy attachment, but it takes two to attach. Given that the primary goal of foster care is reunification, how will you navigate through attaching and then having children leave your home?

Chapter Two: Know yourself

For the following questions, if you are married, both spouses should answer.

1. Is it easy or difficult for you to give care without resentment or discomfort?
2. Is it easy or difficult for you to receive care from others?
3. Is it easy or difficult for you to identify and negotiate your needs in a relationship?
4. How comfortable are you being independent?
5. How might your relationship with your parents impact your relationship with children that enter your home?

Chapter Three: Simplify with Scripts

1. Describe a possible scenario in your own home when it would be helpful to use the script, "show respect."
2. Describe a possible scenario in your own home when it would be helpful to use the script, "Let's have a redo" for younger kids or, "Let's try that again," for older kids.

Chapter Four: Combat Chronic Fear

1. How will you work to determine what makes each of the children that enter your home feel safe?
2. Many children become afraid when change occurs. How will you help build felt safety when changes in their schedules occur (weekly visits, change of social worker, etc).

Chapter Five: Nurture to heal

1. Often times instead of using words, children use their behavior to express unmet needs. How does this shift in thinking change the way you respond to misbehavior?
2. There is a list of nurturing activities on page 102-103. Out of this list, which ones are you most comfortable with providing for children who enter your home?

Chapter Six: Teach Respect

1. How were you taught respect as a child? How will that be the same or different then the way you teach children that enter your home?

Chapter Seven: Recognizing sensory needs

1. Recognizing sensory needs is not a "one size fits all." How will you determine the individualized sensory needs are of the children that enter your home?

Chapter Eight: Adapt your strategies for teens

1. How will you meet the physical needs of teens?
2. How will you meet the connection needs of teens?
3. How will you correct behavior in teens?

Chapter Nine: Build your toolbox

For the following questions, if you are married, both spouses should answer.

1. Which “tool” comes the most naturally to you?
2. Which “tool” do you have to work at the most to implement?
3. *If you are married*, how will you work together to encourage one another along your parenting journey: both with the tools that come naturally and those that take more practice?

Chapter Ten: Take Care of Yourself

For the following questions, if you are married, both spouses should answer.

1. What is one way you get recharged?
2. *If you are married*, how will you ensure your spouse has the ability to recharge regularly?