



THE PHASES OF PARENTING: BIRTH – KINDERGARTEN

Reflection/discussion guide

- Each stage of development in your child's life presents both moments of excitement as well as frustration. Looking back, so far, what has brought you the most joy during this first phase of parenting? On the other hand, what has been your biggest challenge?
- Moments of frustration in parenting can often heighten a full array of emotions in us, from feelings of inadequacy to full on irritation. What stage so far have you found yourself encountering frustrations the most? What are the emotions you consistently experience during those moments?
- Our past highly influences how we engage with and parent our children. What have you discovered about yourself as a result of your past upbringing that has positively or negatively influenced how you parent?
- In parenting you will take missteps along the way. Each of us fall short as parents. What area do you feel you could show yourself more grace in?
- What is an experience that you have seen positively impact your child in their development so far? What is an experience that you would like to become more consistent in making part of your child's life?
- Of the three practical goals mentioned, what is one goal that you feel you are doing well? What is one goal that you feel you can become even more intentional in?
- Read Deuteronomy 6:5-9. What are you already doing to help your child grow spiritually? What is one thing that you can work towards consistently doing to help your child grow spiritually?