

# **MODULE 13**

Parenting

## Session XIII

## Parenting

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### Meeting A

#### Materials

Video "Right Choices": Conflict resolution, social skills, and discipline training for children and parents.

#### Discussion Questions

1. How has trauma, substance abuse, and/or mental health issues affected your choices regarding parenting?
2. Have you chosen to be a parent? If so, why? If not, why not?
3. If you are a parent, how satisfying is being one for you? If not, do you think your parents were happy to be so?
4. Who helps you with your kids? How confident are you that you will be able to take care of your kids and your own needs?

Goal – Members will be able to identify appropriate parenting styles.

Goal – Members will be able to understand the impact of trauma on parental feelings and actions.

### Meeting B

#### Materials

Writing paper and pen

#### Discussion Questions

Write a letter to your child, your child yet to be conceived, or the child within yourself about how you had wished your parenting had been.

Goal - Members will be able to acknowledge experiences of guilt and loss related to parenting.

Goal – Members will be able to develop new attitudes and acceptance about parenting choices.