

Active Parenting for Stepfamilies

Video 5 – From Anger and Power Struggles to Courage and Self-Esteem

The Purpose of this Video

This “Video Library” version of the group discussion program, Active Parenting for Stepfamilies, is designed for parents to view on their own or in groups when time does not allow for the full two-hour sessions. Because group viewing can be enhanced through discussion, the following questions will help a leader facilitate such a discussion. Most of the questions are aimed at helping parents apply the information in the video to their own lives, and they can be used as part of a large-group discussion or by having participants form pairs or small groups. Ask as many questions as time allows and, of course, feel free to add or delete questions as you think best for your audience.

Experience has shown that parents who read the accompanying Parent’s Guide (sold separately) will best be able to utilize the skills presented in the video.* However, when this is not possible, we suggest that you give each participant a copy of the enclosed “Program at a Glance” brochure. (Permission is granted to photocopy the brochures and this guide.)

Leading a Group Discussion

Introduce the video by asking a few questions, such as:

- How many of you have often found yourselves angry with your child?
- This video may shed some light on what is going on in those familiar power struggles. In addition, we’re going to see how you can build two of the most important character traits in your children: courage and self-esteem. Can you guess why these traits are so important for success in today’s society?

Play the video and follow with questions such as these:

1. What did you learn or find helpful from this video?
2. How many of you have experienced power struggles with your children? Do you recognize ways that you “pay off” their rebellion by fighting or giving in? What could you do instead?
3. Which of the vignettes in the video hit home most for you? Why?
5. What does FLAC stand for, and how can you use this method to sidestep a power struggle?
6. Why is it important to encourage your children’s self-esteem and courage?
7. Why is it important to sometimes let the natural consequences of a child’s behavior play out?
8. When shouldn’t we let natural consequences teach a child?
9. Instead of focusing on mistakes, how can you build on your children’s strengths?
10. How else can you encourage your children?
11. How many of you have ever written your child a letter of encouragement? How did it go?