

**Video 2: Cooperation & Communication****The Purpose of this Video**

This “Video Library” version of the award winning program, *Active Parenting 4<sup>th</sup> Edition*, is designed for parents to view on their own or in groups. Leaders can use the following questions to facilitate a discussion for each video. Most of the questions are aimed at helping parents apply the information in the video to their own lives. Ask as many questions as time allows, and add or delete questions as needed.

Experience has shown that parents who also read the *Parent’s Guide* and complete the activities in the accompanying *Parent’s Workbook* will best be able to utilize the skills presented in the video.\* However, when this is not possible, the *Active Parenting 4<sup>th</sup> Edition* Parent Handouts (available for download) will help parents retain what they have learned. Permission is granted to duplicate the Parent Handouts for this use and pass them out to parents.

**Leading a Group Discussion****Introduction**

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

- ◆ Who can share a success you had at home this week using any of the Active Parenting skills you learned in the first video?
- ◆ The video we are about to see is about winning cooperation with our children. Why is it important for children to learn how to cooperate with parents and with others?
- ◆ We will also be learning some powerful communication skills. Who remembers some of the things your own parents did to either block communication with you or to open it up?

**Video and Discussion**

Play the video and follow with questions such as:

1. What did you learn or relearn from this video?
2. Why is teaching your children cooperation so important to their success?
3. How can problems be useful in teaching your children cooperation?
4. What does it mean to “own” a problem? When a problem comes up in your family, how can you determine who owns it?
5. What are some communication blocks that you tend to use with your children?
6. What are the qualities that make someone a good listener and helper—someone with whom you would want to share a problem?
7. Let’s review some of the five steps of Active Communication. What does it mean to “listen actively”?
8. Step two is to “identify and respond to feelings.” Why is that important?
9. Why is it also important to help your children “look for alternatives and evaluate consequences”?
10. The fourth step is to “offer encouragement.” What are some ways you can do this?
11. What did you learn from the family enrichment activity about bedtime routines? Will you give this idea a try this week?
12. What are some times and some ways you have found to say “I love you” to your children?

**Closing**

This week, look for ways to put the skills of Active Communication to work in your family. We will talk about how it went when we meet again. Our next session will focus on the important topics of responsibility and discipline. Please remember to read the next chapter in your *Parent’s Guide* and do your *Workbook* activities. See you next week!

\* You can order *Active Parenting 4<sup>th</sup> Edition Parent’s Guides* and *Workbooks* at [www.ActiveParenting.com](http://www.ActiveParenting.com) or by calling 800-825-0060.