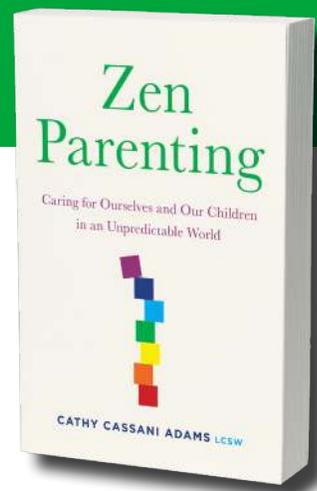


Zen Parenting: Discussion Guide



Set a group intention:

Parenting is a unique experience based on personal beliefs and family values. To keep the conversation productive, know that there are many ways to achieve the same goal (a communicative and connected family). Set an intention to treat yourself and others with dignity. It's the necessary groundwork for a judgement-free discussion.

Set a personal intention:

What are you looking for in this book and discussion? What do you most want to learn? If you have clarity about what you are looking for, the more likely you will find new ideas and resources. Also be open to letting go of what you thought you wanted to learn and pay attention to what is actually interesting! Allow your thoughts and ideas to expand.

Open the discussion:

Remember that you are not just parents, you are human beings with your own likes and interests. Answer one or two of these questions to get to know each other:

1. My favorite song is....
2. My favorite movie is....
3. My favorite color is...
4. My favorite childhood memory is....

Introduction: Foundation Issues to Better Understand Ourselves, Our Kids, Our World

- Did your parents talk to you about any of these issues when you were young?
- Which issue feels the most difficult to discuss? The easiest?
- If your children offer their own perspective on these issues, are you willing to listen?
- Do you have any good examples or experiences about how you opened up any of these discussions?

Chakra One

The Right to Be: Establishing Our Foundation

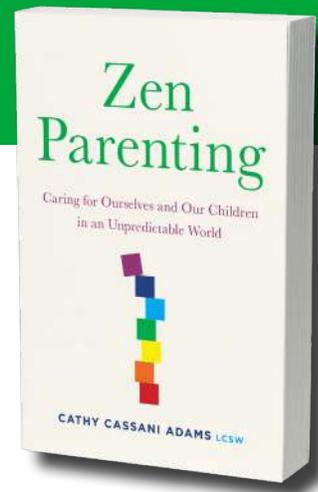
- Do you feel connected to nature? What parts or experiences mean the most to you?
- What makes you feel “rooted” in your life? Are there any activities or experiences that create this feeling?
- How do you help your children feel “rooted” and safe at home?
- How would you explain belonging to your kids?

Chakra Two

The Right to Feel: Being Creative, Accessing Emotions, Experiencing Pleasure

- Do you say “guilty” pleasure when describing something you love? Do you think you need to feel guilty about it if you love it?

Zen Parenting: Discussion Guide



Chakra Two (Continued)

- What do you do to be creative? (It doesn't have to be "art" - it can be the way you dress, decorate, communicate, etc.)
- How do you nurture your child's creativity?
- Are there any emotions that scare you?
- How and when do you talk to your kids about feelings?

Chakra Three

The Right to Act: Establishing Our Identity and Sense of Self

- Did your parents allow you to "individuate"? Did they allow you to be yourself or did they want you to be like them?
- In what ways are you different than your birth family?
- How do you respond when your children share their interests with you?
- Do you practice self-care? When and how?
- Do you feel like you are playing a role or do you feel like you show up as yourself?

Chakra Four

The Right to Love and Be Loved: Loving Ourselves and Others

- What is your love language? How do you hear and speak love?
- Do you treat others better than you treat yourself?
- Do you have a breathing practice that works for you?
- When experiencing grief, have you ever been told that you are taking too long or moving through it too fast?

Chakra 5

The Right to Speak and Hear Truth: Valuing Authentic Communication

- Do you ask for what you want? In partnership, parenting, work?
- Do you swear? How do you talk to your kids about swearing?
- Do you listen when your kids speak or are you just waiting for your turn to talk?
- How do you learn best? Listening, reading, doing (or a mixture of all three)? How do your children learn?

Chakra 6

The Right to See: Experiencing Our Senses and Intuition

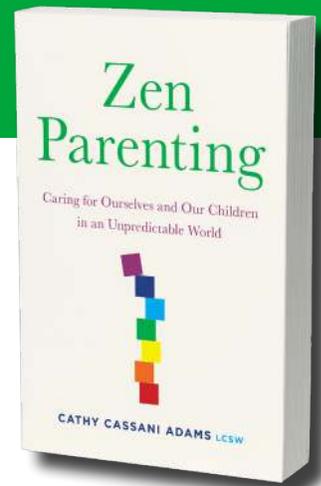
- Do you trust your intuition?
- Do you meditate? How do you do it and why?
- In what ways do you still use your imagination?
- Do you talk to your kids about trusting their intuition?

Chakra 7

The Right to Know: Connecting to Something Greater Than Ourselves

- What does enlightenment mean to you?
- Do you believe that we are all connected?
- How do you practice devotion?
- What devotional practices have you taught your kids?

Zen Parenting: Discussion Guide



In Conclusion:

- What did you learn about yourself?
- What did you learn about your kids?
- Where do you hope to focus more of your energy going forward?

Continue the conversation online!

All podcasts, events, books, and groups can be found at ZenParentingRadio.com/resources



Cathy Cassani Adams, LCSW, co-hosts the Zen Parenting Radio podcast and is co-founder of the annual Zen Parenting Conference.

She is a social worker and former elementary school educator from a family of educators, and a yoga teacher who is a forever student when it comes to breathing and mindfulness. Cathy teaches in the Sociology/Criminology

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