

Parenting At Your Best; Without Regrets  
Discussion Guide

Updated May 16, 2016

*These discussion questions are meant to help you and your loved ones discuss and better understand your roles with the children in your lives to help you become more successful in those roles.*

*General*

- ♥ *How did this book impact you emotionally?*
- ♥ *On a scale of 1-10 (10 being very effective) how would you rate yourself as a parent?*
  - ♥ *What do you wish you had done better?*
  - ♥ *What do you wish you would have done differently as a parent?*
  - ♥ *In what areas have you been a good parent?*
  - ♥ *What have you done well?*
- ♥ *Schedules*
  - ♥ *Have you asked your children if they are happy with their schedules (school sports, lessons, tutoring, etc.)*
  - ♥ *Have you asked your children what they would like to change, if anything, about their daily schedules? Do they feel like they are too busy to be a kid, or do they wish they had extra-curricular activities to keep them busier?*
- ♥ *What have you done well to show your children that you love them?*
- ♥ *What have you done well to guide your children toward happiness?*

*Implementation - Discuss the use of the worksheet as a tool to help you begin the process.*

- ♥ *Not every idea mentioned in the book will work in every family. What ideas seem particularly relevant and attainable for you?*
- ♥ *What benefits do you hope to achieve by implementing some of the ideas?*
- ♥ *How do you think your children will react if you implement the ideas?*
- ♥ *What obstacles do you think you will face as you try to implement the ideas?*
- ♥ *How many new practices do you want to try to implement in the coming year?*
- ♥ *How will you make that happen?*
- ♥ *How will you hold yourself accountable?*
  - ♥ *Spouse/Partner*
  - ♥ *Buddy system*
  - ♥ *Being fully engaged*
  - ♥ *Other*
- ♥ *How will you know if you were successful in implementing the ideas you chose?*

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Daily Life

- ♥ Quickly jot down your schedule for Tuesdays and Saturdays.
  - ♥ Do you see any spots of "free time" that could be used on a weekly basis to have 30 minutes to yourself to read, write, craft, play an instrument, exercise, etc.?
  - ♥ Do you see any spots of "free time" that could be used to spend 5-10 minutes with each child offering them your absolute undivided attention (no phones or electronics)?
  - ♥ If there's no "free time" available, could you re-arrange your schedule to fit that time in, even if you started incrementally?
- ♥ What are some of the "tools" you use to make life easier for yourself and your family?
- ♥ What are some other "tools" you wish were available to help the daily stresses in your life?
- ♥ Who cooks and cleans at your house?
  - ♥ Could you share any of those chores with the kids or your spouse/partner?
  - ♥ Are there ways these chores could be made fun (make finding the ingredients into a game, create your own recipes together based on ingredients you already have, etc.)?
  - ♥ If you did share the chores, would the "have to make dinner" become "get to make dinner" because you're doing it together?
  - ♥ Would sharing chores give you the opportunity to have more time together after the chores were done?
- ♥ Do your children have cell phones or other electronics they use regularly?
  - ♥ Is your child responsible in their use of these devices? What responsibilities do they have? (Do they pay their own phone bill? Do they know when to turn it off and enjoy the here and now?)
  - ♥ What are the rules in your house regarding these devices?
  - ♥ What are the struggles you face most often regarding these devices?
  - ♥ Are the struggles worth the benefits/convenience these devices offer?

Mornings

- ♥ How does a typical morning usually play out at your house?
- ♥ Are your mornings calm or hectic?
- ♥ Do you make time to cuddle/tickle/talk with each of your children before getting them up for the day?
- ♥ If you drive the kids to daycare or school, do you use that time to talk/sing with them?
- ♥ What would help make mornings more enjoyable?

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*Eating Out*

- ♥ *When you go out to a restaurant to eat, how do you and your kids behave?*
  - ♥ *Are phones/electronics turned off or left at home/in the car?*
  - ♥ *Are you more lenient/more strict with phones/electronics at a restaurant than you are at home?*
  - ♥ *Is everyone required to eat everything on their plate, or is it okay to stop when they get full?*
- ♥ *Have you ever stopped to look at other families to see if they are communicating at dinner?*
  - ♥ *If you see another family not communicating, how does that make you feel? (Sad for them? Disgusted?)*
  - ♥ *Does seeing other families not communicating with each other help you see the importance of putting down your devices and paying attention to those there with you?*
- ♥ *Are there things you could implement that would make eating out more fun for your family?*

*Bedtime Rituals*

- ♥ *Do you have a specific bedtime for your kids?*
- ♥ *How long does it take to start your bedtime rituals until you actually get to crawl into bed yourself?*
- ♥ *Are there specific steps you take each night to get the kids and yourself to bed (teeth-brushing, baths, stories, songs, highs-lows, journals, etc.)?*
- ♥ *What's the last thing your kids say to you before they go to sleep?*
- ♥ *What's the last thing you say to your kids before they go to sleep?*

*Please visit [www.ParentingAtYourBestWithoutRegrets.com](http://www.ParentingAtYourBestWithoutRegrets.com)  
for the most updated discussion topics.*

*Feel free to send your ideas for other questions and topics to  
[DoItForDalton@gmail.com](mailto:DoItForDalton@gmail.com).*