

Growth Minded Marriage

Conversation Prompts

Episode 12: Raw and Unscripted: Parenting and Our Struggles
Join Kevin and Mary in discussing these prompts over the next 2 weeks.

What is one thing you can ask for to help you get more of what you need as a person, not a parent.

(Ex. Mary wanted a sitter on Saturdays even though she just wanted to read, meditate and work on the podcast)

Consider your happiest and most present moments as a parent this week. What were you doing with your kids? What time of day was it? What did you do the hour before, the hour after?

Can you notice any consistencies in the environment that empowers you to feel your best as a parent?

Ask your partner or support person in parenting, "What is one thing I can do to provide more of the environment that makes you feel your best as a parent?"

Tell your kid(s), "I'd love to spend 10 minutes doing anything you want together", wait, listen and then say yes.