

Video 2: Preventing Problems

This “Video Library” version of the *Active Parenting: First Five Years* group discussion program is designed for parents to view on their own or in groups. Because group viewing can be enhanced through discussion, the following questions are designed to 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. They can be used in a large group or with parents in pairs or small groups. Ask as many questions as time allows and add or delete questions as you think best for your audience. For longer and more in- depth discussions of the topics covered by the video, you can order a copy of the *Active Parenting: First Five Years* Leader’s Guide from the Discussion version of the program. Experience has shown that parents who read the accompanying *Parent’s Guide* (and complete the home activities that are included) will best be able to utilize the skills presented in the video.* However, when this is not possible, the Parent Handouts (also available for download from www.ActiveParenting.com/FFY) will help. Permission is granted to photocopy the Parent Handouts for this use.

Leading a Group Discussion

Introduce the video by asking a few questions such as:

- ◆ Who can share a success they had at home this week using any of the skills we learned from Video #1?
- ◆ Why is preventing problems so important in caring for young children?
- ◆ What kinds of problems do we want to prevent?

Video and Discussion (Play the video and follow with questions such as these:)

1. What is one thing that you learned or relearned from watching this video?
2. What surprised you, if anything, in the video about brain development?
3. The video showed a great method called a “When-Then rule” for getting kids to do things they’d rather not do. How does it work?
4. Who can share an example of how you have used a When-Then rule with your child, or how you might use it in the future with a problem you have with your child?
5. There was another useful skill demonstrated in the video called the ACT method. What were the three steps of A-C-T and how do they work?
6. Can anyone share a problem that you can use the ACT method with to redirect your child’s behavior? (Share examples as time allows.)
7. Why are routines so important to young children? What are some routines you have or plan to have with your children?
8. Why are hugs and “I love you”s so very important to young children? Does anyone have a special bedtime ritual you can share?

Closing

Practice using the skills you learned in this session and be sure to read Chapter 2 in your *Parent’s Guide*. Our next video will focus on some respectful ways to discipline misbehavior and encourage positive behavior. I look forward to seeing you then.

*Order Parent Guides, Leader’s Guide, and other materials at www.activeparenting.com or 800-825-0060.