

Video 4: Building Courage & Self-Esteem**The Purpose of this Video**

This “Video Library” version of the award winning program, *Active Parenting 4th 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 4th 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 had a success at home using some of the discipline skills they learned from the last video?
- ◆ Today’s video is about instilling courage and self-esteem in our children. Why do you think these qualities are so important?
- ◆ Have you ever held back from trying something new because you were afraid of failure?

Video and Discussion

Play the video and follow with questions such as:

1. Now that we’ve seen the video, let me ask you again, why is courage such an important quality to instill in our children?
2. The video opened with a fight between two boys, from which we learned a model for understanding behavior: the Think-Feel-Do Cycle. It starts with an Event—in this case, Ethan insulting Daniel about his basketball skills. What happened in Daniel’s Think-Feel-Do Cycle that led to the fight?
3. We learned four methods of turning *discouragement* into *encouragement*. Instead of focusing on mistakes, how can you build on your children’s strengths?
4. Instead of pampering and overprotecting, how can you stimulate independence in your children?
5. What did you think about the allowance vignette? How many of you give your children allowance? How many of you might start doing it now?
6. Instead of having negative expectations of your children, how can you show confidence in them?
7. Instead of expecting too much or being a perfectionist, how can you show acceptance of your children?
8. What is one strength you have as a parent?
9. Your family enrichment activity assignment is to write letters of encouragement to your children. What are some of the things you will write about?

Closing

This week, look for ways to encourage your children at home, and remember to write them letters of encouragement. Next week we’ll look at power struggles and how to use your new skills to redirect misbehavior. Please continue reading in your *Parent’s Guide* and completing your *Workbook* activities. See you next week!

* You can order *Active Parenting 4th Edition Parent’s Guides* and *Workbooks* at www.ActiveParenting.com or by calling 800-825-0060.