

Topics and Questions for CF Program Parent Cafes

Topic: Building Self Esteem in your children.

Some possible table questions are:

- 1) “Who” or “What” are some of the influencers of your child’s self-esteem, positive or negative?
- 2) As a parent, when you are concerned and worried about your child’s self-esteem, what do you do?
- 3) What specific conversations and “experiences” do you work on with your child to build

Topic: Helping your children deal with moral confusion in society.

Some possible table questions are:

- 1) At your children’s ages, what moral understandings and strengths do you want them to have?
- 2) If you think of the “7 Life Changers,” how do you discuss these with your children? (**7 Life Changers:** Drugs, Alcohol, Sex, Social Media, Legal Record, Damaging Unkindness, Choice of Friends)
- 3) How do you offset the “teachers” that negatively influence your children’s beliefs and actions? (**Teachers:** Family, Coaches, Various adults, Church, School, Peers, Mass Media, Government.)

Topic: How to help your child with some of their tough questions or issues.

Some possible table questions are:

- 1) What are some of the tough issues your kids are asking about?
For one of the these tough questions, talk about:
 - a. Did you respond? How?
 - b. What would have helped your respond in a better way?
 - c. If you didn’t respond, what kept you from responding?
 - d. What would have helped you to respond?
- 2) For any tough issues your kids should be asking about but aren’t, talk about:
 - e. How can you help your kids to see the importance of asking you questions about these issues?
 - f. If you think you can get them to ask, how will you answer?
 - g. If you don’t expect they will talk to you about these issues, why is that? How else could you help them with these issues?

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Topic: Dealing with your child's use of social media: *Establishing safe and healthy boundaries.*

Some possible table questions are:

- 1) What are your house rules for devices that access social media?
- 2) What do you think are some of your child's concerns about social media?
- 3) What positive or negative behaviors do you model for your child regarding the use of technology?

Topic: Making religion, worship and spirituality matter in your families

Some possible table questions are:

- 1) What are your children gaining from or struggling with in their participation in the parish Christian Community? How can/do you help?
- 2) What helps or what hinders your children in their effort to achieve a sense of joy, community and family from their parish worship experiences? How can/do you help?
- 3) What helps or hinders your children in their effort to build a personal relationship with Jesus? How can/do you help them to learn and demonstrate good values and morals?

References to religion speak to belonging to and serving others as a Christian community
References to worship speak to our experiences at mass, receiving sacraments, and prayer.
References to spirituality speak to building and living a personal relationship with Jesus

Topic: Maintaining Joy in the Midst of tragedies.

Some possible table questions are:

- 1) What actions by you or your child seem to help them maintain a sense of joy in challenging times?
- 2) Who do your kids turn to for support or encouragement in times of stress or tragedy?
What support do they receive?
- 3) Who is it that turns to you for support or encouragement in times of stress or tragedy?
What support do you provide?

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Topic: Interacting with those of other faiths.

Some possible table questions are:

1. What have you or your children learned from people of other faiths or of no faith that has made a positive impact on you or your children? How do you talk about those things with your children?
2. How can we teach our children to be faithful to our Catholic tradition while being respectful of other faiths?
3. What things have you learned about other faiths that you feel are generally misunderstood? How do you talk to your children about those things