



## CHILDREN AND PARENTING

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*“Before I got married, I had six theories about bringing up children;  
now I have six children and no theories.”*

—John Wilmot

### **FOR COUPLES PLANNING TO HAVE CHILDREN:**

#### **COUPLE DISCUSSION ABOUT CHILDREN:**

1. Discuss if and when you would like to have children.
2. How many children would you like to have?
3. What would you do if you had an unexpected pregnancy before you planned to have children?
4. What would you do if you learned you were unable to have children (e.g. Adoption? Fertility treatments?)
5. What are your expectations for the roles of a Father and a Mother?
6. Who do you anticipate or expect will care for your child during their infancy and early childhood (You? Your partner? A daycare provider? Grandparents?)
7. How would you prefer to handle discipline? (e.g. Do you believe in spanking, time-outs, taking away privileges, etc.)
8. As a parent, what would you want to do differently than your family of origin?
9. How important is it to you that your children are reared near your extended family?
10. Do you believe children should be reared with some religious or spiritual foundation?  
What values do you hope to teach your children?

### **FOR COUPLES WITH CHILDREN:**

#### **PLANNING A WEEKLY FAMILY CONFERENCE**

A family conference is a time for the family to connect and to reflect on recent family and personal experiences. Spending this time together helps family members feel supported and gives a new energy and sense of solidarity to the family system.

#### **Guidelines:**

- Be sure everyone who is old enough participates.
- Establish a regular time and place-when the entire family is normally together.
- Encourage and share ideas. Do not criticize and critique.

#### **FAMILY DISCUSSION:**

1. What do you feel was the best thing that happened to you or within the family this week?
2. What was the worst thing that happened to you or within the family this week?
3. For an issue that was brought up in the previous question, what could have been done differently?
4. What is a strength of your family?