

For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.

Discussion Questions

1. What do you think is the difference between supermom and Super Mom?

Supermoms (one word) are mythical figures. We're not just talking Wonder Woman here, but also the moms who seem so polished on social media, who never look harried, never have meltdowns, always have perfect smiles, perfect kids, and perfect families. They are the Pinterest moms. You know them. They throw the best birthday parties. They can build bouncy houses out of rubber bands. We try to hold ourselves up to their standards and perfectionism, but it's impossible and unrealistic.

Super Moms (two words) have extraordinary powers, and they aren't about being perfect, but about doing the best they can, putting their families first, and loving them fiercely. It's time for moms to shed the unrealistic standards of others and be true to themselves. Your client is a super mom, and this question is designed to help her see it.

2. What are some of your amazing superpowers?

Every mom has them. Maybe your superpower is super patience, as you good-naturedly listen to the same joke told over and over and over again by your child—the one that STILL cracks her up. Or maybe it's super chef, as you make the best, toddler-approved PB&J sandwiches on the block. Your super love helps your child feel valued and cared for. This question is designed to help your client see that she is in possession of all the superpowers she needs to be a great mom.