



## The Evolution of Parenting

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Description: This discussion focuses on how parenting has evolved over the years, from how we were raised as children to how we raise our own children or how our own children raise our grandchildren. We will ask about parent involvement, boundaries and restrictions set by parents, and how parents let children solve their own problems.

Estimated time: 90 minutes

### (1) Getting acquainted and comfortable

5 - 10 min.

#### Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

#### The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

#### Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

#### Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**



## Personal Introductions

Please share your name, where you live, and something about you we couldn't google, or your favorite food, a show you binge watch, etc.).

**\*\*\*Remember to ask to record and PRESS RECORD\*\*\***

### **(2) How our parents raised us**

**15 - 20 min.**

- What is one thing that you wish your parents would have done LESS when raising you?
- What is one thing that you wish your parents would have done MORE when raising you?
- When were your parents too involved and when were they not involved enough?
- To what degree did your parents let you solve your own problems?

### **(3) How we parent our children**

**20 - 25 min.**

- What is the biggest difference in how your parents raised you and how you are parenting your children (or how your children are raising your grandchildren)? How do you feel about this?
- How do you feel the boundaries and restrictions your parents set for you differ from the boundaries and restrictions you set for your children (or your children set for your grandchildren)?
- Compared to how your parents raised you, to what degree and how do you let your children solve their own problems (or how your children let your grandchildren solve their problems)?

### **(4) Parenting advice**

**15 - 20 min.**

- If you could offer one piece of advice to parents, what would it be?

### **(5) Closing comments**

**5 - 10 min.**

- Any additional comments or questions about parenting?