



Phone : 954-764-7337

VIDEO DISCUSSION WORKSHEETS

Video 9 : Overprotection and Overindulgence, Helping the Anxious Parent

- How would you describe your parenting approach?

- As a parent, what would you say are your strengths?
What areas would you like to gain additional skills or strategies in?

- Have you ever participated in family therapy sessions with your child? Was it effective? Why or why not?

- How do you help your child during times of challenge and adversity?

- Other questions you may have on this topic/ Other thoughts and feelings on this topic.

We are here to help. For more information on this or another topic please do not hesitate to contact us.