PODCAST GUIDE

"Emotionally Preparing Your Daughter for the New School Year after a Crazy Year" with guests Cathy D'Alessandro and Noelle Hoffmeister

madematchless podcast

Reflection questions for moms as unforeseen issues arise this school year... *Verses to consider: Psalm 139:14, Jeremiah 17:9, Ecclesiastes 3:7b, 2 Corinthians 10:4-5, James 1:19-20,*

Consider the expectations you've had for your daughter in past school years. How might you consider adjusting them for this new school year?

When you look at your daughter's grades, what emotions come up?

How do you see your daughter's grades or achievements? Do you tend to see them as a reflection of you or her?

When your child doesn't respond to you as expected, what is your strategy to find out what the root of the issue is?

When you ask your daughter what is wrong and she responds with, "Nothing", can you leave it? Can you be okay not knowing? Can you trust the Lord to do the work in her heart until she is ready to express it?

What is one part of the podcast discussion that was particularly surprising or helpful to you?

What is one concept or tip from the podcast that you'll commit to implementing in your relationship with your daughter this school year?

Conversation starters with your daughter leading up to and during the school year...

What are you excited about for the school year?
What are you concerned or unsure about?
What is the best/most interesting academic thing you learned today?
What's the hardest task you had to do today?
Tell me about someone you talked with today.
That sounds hard. Can you tell me more about that?
During what part of the day did you first start feeling that way?
What do you think triggered those feelings?
When you "sit" in that feeling for too long, what are you believing about yourself/others/God?
What is a truth you need from God's Word the next time this feeling gets triggered?
What is one purpose you think God may have for you this school year?