



## Healthy Relationships Discussion Questions

1. Can you think of things that you and your family might do to bring balance to your life considering all the demands you face?
2. Can you think of some strategies that you could use to help improve your relationships with the professionals in your child's life?
3. Are there strategies that you can think of to help your spouse or significant other understand the range of responsibilities you both face and how you may be more supportive to each other?
4. Can you name some things that you might do for your other children (siblings) to help avoid their feeling neglected?
5. What are some ways that you might avoid "burn out" and feeling like you are running on empty?