

# **Participant Guide**

## **The Gifts of Imperfect Parenting – Book Study**

Welcome! This study is designed to help parents reflect on Brené Brown's book, \*The Gifts of Imperfect Parenting\*, and to walk alongside one another in the journey of raising wholehearted children. Each session includes a theme, discussion questions, reflection prompts, and a practical takeaway.

## Session 1: Wholehearted Parenting

### ***Discussion Questions:***

- What does 'imperfect parenting' mean to you?
- How do you model worthiness of love and belonging at home?
- In what ways do you feel pressure to be a 'perfect' parent?

*Reflection: Where do I feel most pressured to be perfect as a parent?*

## Session 2: The Power of Vulnerability

### ***Discussion Questions:***

- How do you usually respond when your child expresses big emotions?
- What holds you back from showing vulnerability to your children?
- Share a time when admitting 'I don't know' or apologizing built trust.

*Reflection: How might I practice vulnerability this week with my child?*

## Session 3: Shame Resilience

### ***Discussion Questions:***

- How do you see shame show up in family life?
- What are small ways we can practice compassion and empathy?
- How can parents break cycles of shame from their own upbringing?

*Reflection: One way I can replace shame with empathy is...*

## **Session 4: Connection & Belonging**

### ***Discussion Questions:***

- How do you help your children feel like they belong in your family and community?
- When have you seen connection grow during times of struggle?
- How can our church family support one another in this?

*Reflection: Where do I feel most connected as a parent right now?*

## **Session 5: Courage & Authenticity**

### ***Discussion Questions:***

- How can parents model authenticity without oversharing?
- When has your child surprised you by showing courage?
- How do we encourage resilience without trying to 'fix' everything?

*Reflection: This week, I will practice courage by...*

## **Session 6: Gratitude & Joy**

### ***Discussion Questions:***

- How do you practice gratitude in your home?
- What are the 'small joys' you want your children to notice?
- How does gratitude shift how you approach challenges?

*Reflection: One joy I want to celebrate with my child this week is...*

Thank you for participating in this journey! May you be reminded that God equips you to parent with love, courage, and grace – not perfection. Each imperfect step is a gift to your children and a testimony of wholehearted living.