

## Module 2 - Class 4 Discussion

1) Let's return to the example of the chronically tardy child.

Once you understand their heart issue, what goals would you have for your child in each of the "tardy heart scenarios" below? What practical steps could you take to create space for heart change?

- Child A struggles with executive function and organization.
- Child B is 1 to 2 years younger than the eldest sibling, who is punctual, a great performer at school, and can be a bit smug about it all.
- Child C is a high-achieving high school student who is working a challenging part-time job, playing travel softball, and juggling dual-enrollment/AP classes and is focused on 'getting into a good school'.
- Child D is in high school, is apathetic and listless about most activities and doesn't have any particular motivation to work, whether at school, home, or outside the home.

2)

At your table, share about a difficult decision in your family life that involves a future goal. Examples could be something like the following: Where should a child go to school next year or how should they be educated? Should a child play a travel sport? Should you take on a new work responsibility or even a new job?

In light of our conversation today, consider the following questions and discuss. How are you evaluating the decision? What practical things have you done to arrive at a decision?