**ZagZig Parenting Book Club Discussion Guide**

*A note from the Author: Thank you for reading ZagZig Parenting. As a book club member myself, I have created this guide to help initiate a conversation. I hope you all create a safe, nonjudgmental space to have authentic conversations that support one another.*

*In the words of the dear, leading author and working mother of her time, Erma Bombeck, “It is not until you become a mother that your judgment slowly turns to compassion and understanding.” While this book is for current and forward-looking future parents, the point is to really have authentic empathy for all.*

**Discussion and Activity Prompts:**

1. **What kind of mother would…**I remember a time, years ago, when there was a story on the news about a mom of four who reportedly left her infant in the car seat on top of the car before she drove away. The good news was the car seat kept the child safe. Unfortunately, the mom took a lot of heat in the media, stirring, “What kind of mother would…”
	1. Do you have a “What kind of mother/father would…” story that you remember from your past?
	2. Have any of you made a “What kind of mother/father would…” statement only to realize days, months, or years later that you did the same thing or something similar? (Guilty)
2. **Your Own Adventures:** Share a (mis)adventure in parenting story with the group. If you aren’t a parent, is there a story from your own childhood that you remember about your own parents?
	1. What headline or title would you give your story?
	2. Is there something your mom or dad said to you that you swore you would never say to your kids… but now do (or may in the future)?
3. **Work Life Balance:** Careers demand time and energy, and so does managing a household. Some people live to work and some work to live. How does your household do in balancing duties?
	1. Would you say you equally share household/family duties?
	2. If you could get a skip-your-turn card on one duty, what is one thing you would want your spouse to do? (For me, I am grateful my spouse did school drop off and pick up all these years—my least favorite)
	3. What is one thing you don’t trust your spouse to do as well as you?
	4. For you single parents, what is something you really wish you could have a friend or relative do so you didn’t have to?
4. **Pay It Forward:** It takes a village to raise a child and a mound of mentors to help us be better parents.
	1. What is the best advice you have gotten from another parent? Or, on the other hand, what advice did you get that you didn’t want?
	2. How can you help other moms/ working parents and continue with the pay-it-forward movement?
		1. Some ideas are: sharing unfiltered stories like me, creating an app to help others and reduce some of the stress of parenting, creating a support group at work, and listening to others
5. **Mommy Wars:** Do they really exist (working vs. at-home moms)? How can we make peace for progress? Do Daddy Wars exist?
6. **ZagZig Moments**: Share a time in your life that you had a clear vision or plan for the day, but then kids, life, and/or family required you to take another path and use another plan—maybe even plan D, E, F or G.
7. **Tools of the Trade**: Have you ever had a time at work when you learned a new tool or management skill and tried it on our family? OR if your spouse works outside the home, have you noticed him/her trying to use a work or training tool on you?
8. **Work Life**: What changes in work policy would help parents attain a better balance—existing or new?
9. **Your Monologue**:

If you were all writers for a late-night talk show (i.e., Jimmy Fallon or Jimmy Kimmel) or Saturday Night Live, what monologue or skit would you write about in regards to being a ZagZig Parent?

10) **Up for a little fun**?

Create an authentic parenting story together, building off real-life stories. The first person starts the story with one or two sentences to set the scene, ending the thought mid-sentence. The next person completes that thought and starts another sentence. That exercise continues around the group.

* 1. Example:
		1. Person 1: I was at the store when my five-year-old son decided to play hide-and-seek, only he did not tell me. I kept yelling his name and I could hear….
		2. Person 2: giggles coming from under the clothes rack, although it was strange because we were in the lingerie section. The next thing I knew…