



### Parent group discussion questions

Use these questions with the 'Small group discussion' video available on the Kitchen Table Project YouTube channel:  
[www.youtube.com/KitchenTableProject](http://www.youtube.com/KitchenTableProject)

Gaz looks at how we can be intentional in capturing moments of being present with our children in everyday life. He suggests that answering *our why?* can often make *our how?* so much easier.

1. *Why* is being present and spending time with your child(ren) important to you?
2. *Why* do you think giving your child(ren) your time and showing them love will help you to nurture their faith?
3. *How* can you be more intentional in making the most of everyday (and at times imperfect) moments with your child(ren)?
4. Is there anything you could do differently to help you to be present for a few moments with your child(ren) when you come home from work, they come home from school or before bedtime?
5. What one thing will you do this week to help you make the most of everyday moments with your children?