

Discussion Guide: Session 1

The Principles and Framework of Early Relational Health

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1. What are your main takeaways about Early Relational Health?
2. Where can you identify Early Relational Health in your own experiences (personal, professional)?
3. Policy level: In what ways can our work contribute to building communities and environments that support ERH?
4. Individual level: What are some ways to center family perspectives and experiences to build trust and partnership with families in direct practice?
5. Reflect on what it looks like to use the individual caregiver/family voice to build a plan, instead of it being driven by the professional working with the family.
6. What long term outcomes do you hope for in improving Early Relational Health for the next generations?

Perspectives on Early Relational Health



**Early Relational
Health**
An initiative
of CSSP

About the Video Series

The Perspectives on Early Relational Health Series brings together a diverse group of parents, pediatricians, researchers, and providers to share their perspectives on why [Early Relational Health](#) matters, and what they are doing to support and promote foundational early relationships.

We hope these conversations inspire new insights and motivate you to join us in our collective movement to support healthy early relationships, so every child and their caregivers thrive—now and into the future.

All four videos, and related resources for each session, can be found at <https://cssp.org/perspectives-on-erh-series/>.

How to Use the Discussion Guides

We encourage you to watch one or more of the videos with a group of colleagues, partners, or community members. You might watch a video as a group or individually, prior to a meeting. A set of questions is provided to provoke discussion among groups after watching each video.

As a facilitator, choose the questions that you think will prompt a rich discussion for your group. Feel free to adapt the questions to your group or to add your own! You may choose to share the discussion guide with your group or simply pose the questions and see where the conversation goes.

Tell Us How It Goes!

We are curious to hear about how you use the videos and discussion guides, and what conversations and activities take place as a result. Please send an email to ERH@cssp.org to tell us all about it!