

## Discussion Guide: Session 2

# The Paradigm Shift in Pediatrics – From Responding to Toxic Stress to Promoting Early Relational Health

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1. What stood out to you the most in this conversation?
2. When you are working with a family, what does ERH support look like? What questions could you ask?
3. Reflect on what it means to “regulate, relate, reason.” What does that look like for you, and how might it look different for a parent? For a child? How do you self-regulate?
4. What might an ideal “therapeutic alliance” team look like to you?
5. How can all of us be part of that team in better supporting families in ERH/development?
6. What are some systemic, structural, physical or individual barriers to ERH? What contributes to destabilization and disconnect?
7. What are some of the positive influences on ERH? What contributes to resilience and connection?

# 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](mailto:ERH@cssp.org) to tell us all about it!