1. What stood out in the video?

2. Consider “universal without uniformity” in sensitive caregiving: What is universal about the needs and capacities of young children and adult caregivers?

3. Consider health equity, cultural humility, and antiracist practice: How can the bidirectionality of child-caregiver relationships insulate against structural adversities?

4. What are some structural and environmental barriers in caregivers’ lives that might be getting in the way of building ERH?

5. What can we do to address barriers and ensure that all caregivers are supported in building their capacity to provide nurturing care and develop ERH with their children?

6. Think of the people that were involved in your own early childhood experience, or your children’s. What message would you to give to those caregivers now?
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!