

Daddy Matters: Let's Talk About It

Episode 3—Am I a Good Dad?



ZERO TO THREE
Early connections last a lifetime

Daddy Matters is a 4-part video series hosted by YouTube™ star La Guardia Cross that explores why dads matter and what matters to dads. La Guardia is the creator of **New Father Chronicles**, which captures life with his adorable young daughters. His candid and always comedic take on life as a dad has drawn millions of engaged viewers and sparks lively conversations on his social media channels. Each **Daddy Matters** episode can serve as a powerful tool for showing dads they are not alone and for opening up important discussions on a range of issues around fatherhood.



In Episode 3, dads talk about dealing with challenging toddler behaviors, managing their own reactions and emotions, and constantly learning about what works and doesn't work so they can keep making positive changes: www.zerotothree.org/daddymatters3

Conversation-Starters:

- What does discipline mean to you? What do you think it teaches children?
- What expectations do you have for your child's behavior? Do you think these are appropriate for your child's age/stage of development?
- What behaviors do you find most challenging? Why?
- How do you respond to or try to manage your child's challenging behaviors?
- What works and doesn't work with your child? Why do you think that is?
- What do you think your child is learning from your approach to discipline?
- Where did you learn how to handle these tough parenting moments? [Friends, partner, spouse, your parents, other parents, parenting resources on the Internet? Elsewhere?]
- How are your discipline practices similar to or different from how you were disciplined as a child? Why are you doing things the same or differently from your parents?
- Many parents say managing their own emotions is challenging when dealing with their child having a tantrum, for example, and they want to have more patience. What about you? What would help you have more patience?
- What, if anything, do you want to do improve on, do better at, when it comes to discipline?
- Where do you go to learn more about positive and effective ways to discipline? [Web, blog, magazine, pediatrician, own parent, friends, teachers, etc.]

Related Resources:

- **Tantrums, Defiance, Aggression—Oh My! (video):** www.zerotothree.org/resources/29-tantrums-defiance-aggression-oh-my
- **How Do You Discipline Your Child? (video):** www.zerotothree.org/resources/1673-how-do-you-discipline-your-child
- **Responding to Toddler’s Irrational Behavior:** www.zerotothree.org/resources/325-i-said-i-want-the-red-bowl-responding-to-toddlers-irrational-behavior
- **Toddlers and Challenging Behavior: Why They Do it and How to Respond:** www.zerotothree.org/resources/326-toddlers-and-challenging-behavior-why-they-do-it-and-how-to-respond
- **Guiding Principles for Managing Challenging Behaviors:** www.zerotothree.org/resources/1666-the-discipline-dilemma-guiding-principles-for-managing-challenging-behaviors
- **Discipline Do’s:** www.zerotothree.org/resources/1667-discipline-do-s-an-empathic-and-effective-approach-to-addressing-challenging-behaviors-in-young-children