

2025 Rady's Mental Health Webinar Series

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

March 18, 2026

[The Power of Positive Experiences: Building Resilience at Home](#)

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Short description of webinar: Grounded in the HOPE (Healthy Outcomes from Positive Experiences) framework, this session highlights how everyday moments of connection, trust, and belonging can buffer stress and support lifelong mental health. Parents will learn simple, meaningful ways to build resilience and make home a place of healing and strength.

Pre-Webinar **Sample** Activity:

1. Reflect on an experience that helped create a sense of safety, belonging, support, connection, or protection within your household. Select one or two examples and briefly explain what happened and why those experiences led to those positive feelings.

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Post Webinar Sample Questions:

1. In which ways do you foster trust, safety, and support for the youth in your household? and supportive relationships for the youth in your home?

Example answers:

- Think about your positive relationships from childhood
- Play and connect with your child(ren) regularly!
- Help your child make connections with other adults in your life



2. As you consider your current home safety practices, which area would you like to strengthen to better support safety and well-being in your home?

Example answers:

- Guns
- Medications
- Alcohol
- Drugs
- Outdoor spaces



3. Which of these practices have helped strengthen a sense of belonging and connection in your household? Which additional practices would you be interested in exploring?

Example answers:

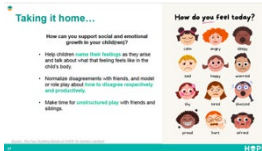
- After School activities
- Volunteering in the community as a family
- Place of worship
- Household task



4. What strategies do you regularly use to support the social and emotional development of the young people in your life?

Example answers:

- Help children name their feelings
- How to disagree respectfully and productively
- Unstructured play



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5. As you think about your own social and emotional well-being while supporting the young people in your home, which practices feel most sustainable and fit best into your daily life?

Example answers:

- Mindfulness practices
- Journaling
- Self-regulation techniques
- Active listening
- Clear communication

