



Summer of Mentorship 2021

Proud of you for stepping up and stepping into community by hosting/participating in a Don't Mom Alone podcast club!!

I'm sure you've picked your crew, your meeting time/place, and your schedule. If you need tips don't forget to find support over on FB with our "DMA Podcast Club Leaders" group.

Before you meet with your group, send the members a link to that week's episode. Then y'all can listen before you discuss.

The Summer of Mentorship episodes will be published from June 21st thru July 26th. And available as the most recent episodes on your podcast player.

Lastly, keep the goal in mind. We want to make sure moms feel encouraged & inspired so they "Don't Mom Alone"! One tip is to only give advice if asked. And do your best to create an authentic & safe environment.

Praying for each group!!

*heather





Summer of Mentorship 2021



Week 1: Resolving Sibling Conflict Originally Ep. 126



Jim & Lynn Jackson

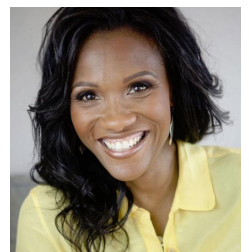
- What is your process for sibling conflict to management in your home right now?
- What are some ways you and your child can calm down in the heat of conflict?
How could taking a mom "time out" help you can down?
- Discuss how seeing conflict resolution in light of your child's future relationships (think coworkers and future spouse) can help you see why these skills are so important to learn now.
- Guiding your kids with questions as they resolve conflict helps support them make better decisions. Think of a few questions you could ask for common disagreements.
- Think about each of your kids and help make a plan for their individual personalities for conflict resolution.

Week 2: Becoming a Mentor (& more) Originally Ep. 185

- Do you have someone who mentors you in motherhood? Is there something specific you'd like mentoring in that you could seek out in another mom?
- How can you provide mentorship to another mom to help her not feel alone?
- Do you have anything weighing on you right now that is a "should" without a sustainable why? Talk about something you want to let go of and make a plan to do it.
- What are some things you are praying for your kids right now? What struggles do they have that you can turn into prayers?



Kat Lee



Wynter Pitts



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Week 3: What's Your Wifestyle? Originally Ep. 155



Jen Weaver

- Discuss the idea of submission the way it's described in the episode.
- How can you choose to make space for your spouse to lead in your relationship? In what ways do you lead?
- Do you feel frayed or braided with God right now? How can you rebraid your attention back toward God?
- What was your most recent relationship winter? How did you come through that?
- What are your Proverbs 31 wife superpowers? How do you use your strengths in a way that blesses and doesn't hinder?

Week 4: Letting Go of Perfection Originally Ep. 92

- Have you had friendships end because of your struggles with perfection? When friends go through hard times do you wonder how to be a good, imperfect friend?
- Do you have a mentor? Is there someone you wish you could meet with? Could you make a plan to meet with her once in the next few months?
- Could you relate to Amy's struggle to feel God's love and having a list of things you have to do to be right with God?
- What areas are you striving for perfection in motherhood? Who is your mental 'ideal' mom? Earth-mama, right-on-schedule mom?
- Which type of perfectionist do you relate to—the good girl list or the never-good-enough list? Need to measure up or will never measure up? Or do you swing between the lists?
- What have you found helpful to break up with perfection?



Amy Carroll



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Week 5: Encouraging the Exhausted Mom

Originally Ep. 106



Sally Clarkson
(and listener Jennie)

- How do you have a decent quiet time when exhausted?
- Which of the ideas shared sounds interesting to try to connect with God?
- What beautiful things remind you of God's presence?
- What tips do you have for getting through challenging circumstances?
- Does a hard season have long-term impacts on your faith?

Week 6: In Light of Eternity

Originally Ep. 100

- How could taking time to wait on the Lord help you help a friend in need more effectively?
- Do you feel like you have space in your life to care for a friend who is going through pain / a hard time?
- What is your viewpoint on heaven right now? And how could viewing our life here on Earth as temporary change that perspective?
- What can your summer look like in light of eternity? How does your view of parenting change in light of eternity?



Jennifer Clouse