



CATCH

GUIDED CONVERSATIONS



CHASING CHILDHOOD DOCUMENTARY

Here are conversation starters for you and your friends to explore:

- In what ways is your kids' childhood similar to/different from your own upbringing?
- What do you think are the greatest barriers to giving your children a more 'free range' childhood?
- How can you encourage participation in extracurricular activities without falling prey to 'over-scheduling'?

Here are steps you and your friends can take to start change in your home and community:

- Ask your children about an activity they feel ready to tackle on their own, but that hasn't been allowed before. Then, work together to come up with a plan to make it happen.
- Let your children be bored (without access to screens). See what kinds of activities they come up with to entertain themselves!
- Together with several of your kids' friends (and their parents), find a time every week for the kids to get together in the absence of a structured activity. Let them run around together in a playground or in someone's backyard without direct parental supervision/oversight.



CATCH us up!

- What other question sparked conversations after viewing the documentary?
- What step did you and your friends make a pact to try?



Email your answers to info@catchiscommunity.org.