

INTER- CULTURAL FAMILY RELATIONSHIP

discussion cards



Contemplating parenthood

**What kind of
parenting have I
received, and what
kind of parent do I
want to be for
my child?**



Contemplating parenthood

**What kind of
parent I wish my
partner to be?**



Contemplating parenthood

**What challenges
have we faced/
we might have
to face in raising
children from
different cultures?**



Contemplating parenthood

What are our strengths and weaknesses in parenting, stemming from our different cultural backgrounds?



Contemplating parenthood

**How can we teach
our children to
appreciate and
respect both
cultures?**



Contemplating parenthood

**What values do I
want to pass on to
my child?**



Contemplating parenthood

**What are the
shared values we
want to impart to
our child?**



Contemplating parenthood

**What traditions
of my culture do I
want to pass on to
my child?**



Contemplating parenthood

**What tradition
from my partner's
side do I want my
child to inherit?**



Contemplating parenthood

**What new customs
do we want to
create around our
family?**



Contemplating parenthood

What are the most important cultural aspects I want to pass on to my child?



Contemplating parenthood

**How can we
combine the
values and
traditions of both
cultures in raising
our child?**



Contemplating parenthood

**What are my
worldviews or life
philosophies that I
want to pass on to
my child?**



Contemplating parenthood

**What kind
of support in
parenting do I
want from my
partner, and how
can we support
each other?**



Contemplating parenthood

**How can we
balance our own
expectations with
the desires and
needs of our child?**



Contemplating parenthood

**How can we
teach our child
the importance
of multicultural
identity and
self-awareness?**



Cultivating and deepening relationships

**How do we
maintain our
relationship,
connection and
intimacy amidst
the business
and demands of
parenting?**



Cultivating and deepening relationships

**What is your best
memory of us?**



Cultivating and deepening relationships

**How can we
respect, honor
and balance each
other's cultural
backgrounds and
traditions in our
relationship?**



Cultivating and deepening relationships

**When do you feel
most loved?
How do you know I
love you?**



Cultivating and deepening relationships

**When do I feel
most loved?
How do I know you
love me?**



Cultivating and deepening relationships

**What challenges
do we face in
communicating
from different
cultural
perspectives?**



Cultivating and deepening relationships

**How can we learn
and grow together
by leveraging the
strengths of both
cultures in our
relationship?**



Cultivating and deepening relationships

**What are
the cultural
expectations and
roles that affect
our relationship,
and how can we
address them
openly?**



Cultivating and deepening relationships

**How can we
celebrate and
integrate the
celebrations and
customs of both
cultures in our
relationship?**



Cultivating and deepening relationships

What compromises and negotiations are needed to build a strong and lasting relationship between two different cultures?



Cultivating and deepening relationships

**What can we
do together
to deepen our
understanding
of each other's
cultures and
traditions?**



Cultivating and deepening relationships

**How can we
ensure that
there is space
and respect for
both our cultural
identities in our
relationship?**



Cultivating and deepening relationships

**How can
we address
conflicts arising
from cultural
differences
positively and
constructively?**



Cultivating and deepening relationships

**How can we
ensure that
we find time
and space for
constructive
communication
and connection
with each other?**



Cultivating and deepening relationships

**How can we
share parenting
responsibilities
and decision-
making processes
fairly and openly
considering
our cultural
backgrounds?**



Cultivating and deepening relationships

**How are you doing
in this relationship
with me? What do
you wish and need
to be well/better
with me?**



Exercises and reflection

Write down your own parenting values and compare them with each other. Discuss which values are most important to you and how you can combine them in raising your children.



Exercises and reflection

Start a joint book where you write down your thoughts and experiences of parenthood. For example, you can write down your children's first words, funny events, or challenges you face.



Exercises and reflection

Practice putting yourself in each other's shoes and better understanding each other's perspectives on parenting. Have an open discussion about how you can support each other in parenthood and share responsibility fairly.



Exercises and reflection

Define goals together for your parenting and your children. For example, you can discuss what values you want to teach your children or what skills you want them to learn.



Exercises and reflection

Join a peer group with other multicultural parents. This can provide support and share experiences of similar challenges and joys in parenthood.



Exercises and reflection

Share with each other the most important traditions and celebrations. You can also consider how to combine these traditions and celebrations into your daily life together.



Exercises and reflection

Share stories from your childhood and families with each other. This can help better understand each other's backgrounds and values.



Exercises and reflection

Try new hobbies together related to both cultures. For example, dance, music, or crafts can be good options.



Exercises and reflection

Choose books or movies together that represent both cultures and discuss them afterwards.



Exercises and reflection

**How can we teach
our children empathy
and respect for all
people, regardless of
their background or
appearance?**



Exercises and reflection

What kind of conversations can we have with our children about topics related to race, culture, and discrimination?



Exercises and reflection

How can we introduce different cultures and traditions to our child so that they learn to appreciate diversity?



Exercises and reflection

**How can we combat
prejudice and
stereotypes among
our children?**



Exercises and reflection

**What kind of books,
films and other
resources can we use
to support anti-racist
education?**



Exercises and reflection

**How can we be an
example to our
children of how to
act fairly and equally
towards everyone?**



Exercises and reflection

**How can we
encourage our
children to address
discrimination and
injustice in their
environment?**



Exercises and reflection

**How can we support
our children's
self-awareness and
self-esteem so that
they know they are
valuable just the way
they are?**



Exercises and reflection

**What practical steps
can we take at home
and in our community
to promote an
anti-racist culture?**

