

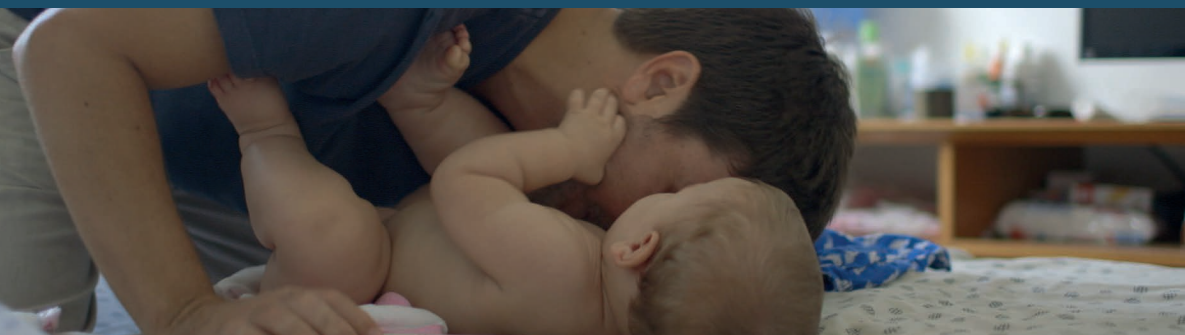
MARIA CECÍLIA SOUTO VIDIGAL FOUNDATION  
BERNARD VAN LEER FOUNDATION  
ALANA INSTITUTE  
UNICEF

present

# THE BEGINNING OF LIFE

a MARIA FARINHA FILMES production  
directed by ESTELA RENNER





## DISCUSSION CARDS

These Discussion Cards are meant to support group discussions, debates, games and community meetings following the screening of the film *The Beginning of Life*.  
How to Use: Print, fold in half and cut where you see the scissors, and discuss.



Fold and glue

## MATERNITY

1

Pregnancy



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## MATERNITY

2

Birth  
(Natural, cesarean)



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## MATERNITY

3

Birth environment  
(home, hospital, birth  
center, baby friendly hospitals)



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## MATERNITY

4

Baby blues



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## MATERNITY

5

Post partum depression



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## MATERNITY

6

Post partum psychosis



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## CHILD DEVELOPMENT

7

In utero development



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## CHILD DEVELOPMENT

8

Body development



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## CHILD DEVELOPMENT

9

Milestones



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## PARENTING

10

Motherhood



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## PARENTING

11

Fatherhood



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## PARENTING

12

Parenting roles





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## PARENTING

13

Maternity - Paternity leave/  
Paid leave



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## PARENTING

14

"In which situation with your child  
do you follow your intuition?"



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## PARENTING

15

Do you feel you spend  
enough time with your child?



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## PARENTING

16

What are you learning with  
your child?





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## PARENTING

17

When do you feel isolated?



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## INNER WORLD

18

What do you think the child is experiencing when she/he is in silence?



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## INNER WORLD

19

Self esteem



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## INNER WORLD

20

Sense of self





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## INNER WORLD

21

Freedom and exploration



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## INNER WORLD

22

Resilience/ Frustration



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## INNER WORLD

23

The Soul



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## RELATIONSHIPS

24

The importance  
of interactions





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## RELATIONSHIPS

25

"When do you feel you are bonding with your child?"



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## RELATIONSHIPS

26

How do you and your child show affection to each other?



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## RELATIONSHIPS

27

"Empathy: the ability to understand and share another person's feelings"



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## RELATIONSHIPS

28

"Children with disabilities"





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## RELATIONSHIPS

29

Physical contact



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## COMMUNICATION

30

Expression



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## COMMUNICATION

31

Learning language



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## COMMUNICATION

32

Exposure to words





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## COMMUNICATION

33

The Power of words



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## NUTRITION

34

Breastfeeding



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## NUTRITION

35

Nutrition / feeding



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## NUTRITION

36

Nutrition choices /  
Cultural choices





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## NUTRITION

37

Malnutrition



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## LEARNING

38

When does learning begin?



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## LEARNING

39

"Kids are learners"



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## LEARNING

40

How can you stimulate your child's brain development?





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## LEARNING

41

Babies are scientists



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## LEARNING

42

Play



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## LEARNING

43

Read



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## LEARNING

44

Creative play and toys





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## TECHNOLOGY

45

Child's autonomy



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## HOW DOES YOUR CHILD EXPRESS AFFECTION?

46

Technology and children



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## CHILD'S AUTONOMY

47

"How does your child express affection?"



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## LEARNING

48

Child development



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## CONNECTION TO THE WORLD

49

Children and nature



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## CONNECTION TO THE WORLD

50

Children and rhythm - sleep



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## CONNECTION TO THE WORLD

51

Children and routine



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## FAMILY

52

Grandparents





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*FAMILY*

53

Joint families



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*FAMILY*

54

Siblings



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*NEW FAMILIES*

55

Same sex parents



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*NEW FAMILIES*

56

Adoption





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## NEW FAMILIES

57

Single parent



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## COMMUNITY

58

It takes a village  
to raise a child



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## COMMUNITY

59

Support



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## COMMUNITY

60

School/ education



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## VULNERABLE ENVIRONMENTS

61

Drugs and maternity



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## VULNERABLE ENVIRONMENTS

62

Toxic stress



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## VULNERABLE ENVIRONMENTS

63

Child maltreatment



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## VULNERABLE ENVIRONMENTS

64

Neglect



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## VULNERABLE ENVIRONMENTS

65

Siblings taking care of siblings



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## VULNERABLE ENVIRONMENTS

66

Teenage pregnancy



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## SOCIETY

67

Public policies



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## SOCIETY

68

Human capital





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SOCIETY

69

Prevention is better than  
treatment



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SOCIETY

70

Children's rights