

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



Fold and glue

MATERNITY

2

Birth
(Natural, cesarean)



Fold and glue

MATERNITY

3

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



Fold and glue

MATERNITY

4

Baby blues



Fold and glue

MATERNITY

5

Post partum depression



Fold and glue

MATERNITY

6

Post partum psychosis



Fold and glue

CHILD DEVELOPMENT

7

In utero development



Fold and glue

CHILD DEVELOPMENT

8

Body development



Fold and glue

CHILD DEVELOPMENT

9

Milestones



Fold and glue

PARENTING

10

Motherhood



Fold and glue

PARENTING

11

Fatherhood



Fold and glue

PARENTING

12

Parenting roles



Fold and glue

PARENTING

13

Maternity - Paternity leave/
Paid leave



Fold and glue

PARENTING

14

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



Fold and glue

PARENTING

15

Do you feel you spend
enough time with your child?



Fold and glue

PARENTING

16

What are you learning with
your child?



Fold and glue

PARENTING

17

When do you feel isolated?



Fold and glue

INNER WORLD

18

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



Fold and glue

INNER WORLD

19

Self esteem



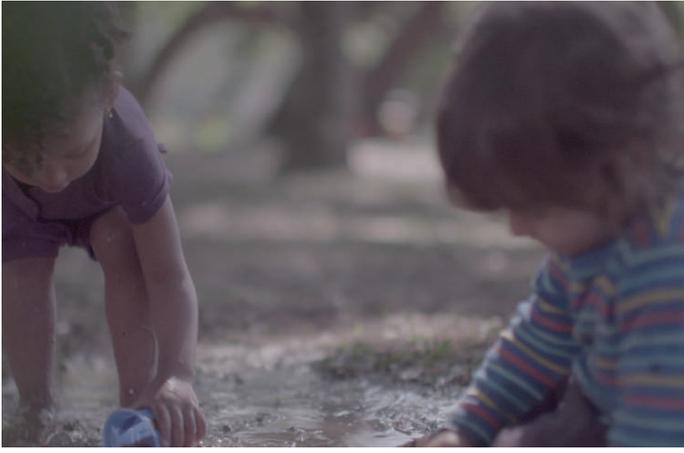
Fold and glue

INNER WORLD

20

Sense of self





Fold and glue

INNER WORLD

21

Freedom and exploration



Fold and glue

INNER WORLD

22

Resilience/ Frustration



Fold and glue

INNER WORLD

23

The Soul



Fold and glue

RELATIONSHIPS

24

The importance of interactions



Fold and glue

RELATIONSHIPS

25

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



Fold and glue

RELATIONSHIPS

26

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



Fold and glue

RELATIONSHIPS

27

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



Fold and glue

RELATIONSHIPS

28

"Children with disabilities"





Fold and glue

RELATIONSHIPS

29

Physical contact



Fold and glue

COMMUNICATION

30

Expression



Fold and glue

COMMUNICATION

31

Learning language



Fold and glue

COMMUNICATION

32

Exposure to words





Fold and glue

COMMUNICATION

33

The Power of words



Fold and glue

NUTRITION

34

Breastfeeding



Fold and glue

NUTRITION

35

Nutrition / feeding



Fold and glue

NUTRITION

36

Nutrition choices /
Cultural choices





Fold and glue

NUTRITION

37

Malnutrition



Fold and glue

LEARNING

38

When does learning begin?



Fold and glue

LEARNING

39

"Kids are learners"



Fold and glue

LEARNING

40

How can you stimulate your child's brain development?





Fold and glue

LEARNING

41

Babies are scientists



Fold and glue

LEARNING

42

Play



Fold and glue

LEARNING

43

Read



Fold and glue

LEARNING

44

Creative play and toys





Fold and glue

TECHNOLOGY

45

Child's autonomy



Fold and glue

HOW DOES YOUR CHILD EXPRESS AFFECTION?

46

Technology and children



Fold and glue

CHILD'S AUTONOMY

47

"How does your child express affection?"



Fold and glue

LEARNING

48

Child development



Fold and glue

CONNECTION TO THE WORLD

49

Children and nature



Fold and glue

CONNECTION TO THE WORLD

50

Children and rhythm - sleep



Fold and glue

CONNECTION TO THE WORLD

51

Children and routine



Fold and glue

FAMILY

52

Grandparents



Fold and glue

FAMILY

53

Joint families



Fold and glue

FAMILY

54

Siblings



Fold and glue

NEW FAMILIES

55

Same sex parents



Fold and glue

NEW FAMILIES

56

Adoption



Fold and glue

NEW FAMILIES

57

Single parent



Fold and glue

COMMUNITY

58

It takes a village to raise a child



Fold and glue

COMMUNITY

59

Support



Fold and glue

COMMUNITY

60

School/ education





Fold and glue

VULNERABLE ENVIRONMENTS

61

Drugs and maternity



Fold and glue

VULNERABLE ENVIRONMENTS

62

Toxic stress



Fold and glue

VULNERABLE ENVIRONMENTS

63

Child maltreatment



Fold and glue

VULNERABLE ENVIRONMENTS

64

Neglect





Fold and glue

VULNERABLE ENVIRONMENTS

65

Siblings taking care of siblings



Fold and glue

VULNERABLE ENVIRONMENTS

66

Teenage pregnancy



Fold and glue

SOCIETY

67

Public policies



Fold and glue

SOCIETY

68

Human capital





Fold and glue

SOCIETY

69

Prevention is better than treatment



Fold and glue

SOCIETY

70

Children's rights