

**Interview Questions for**  
***Intentional Parenting: Autopilot is for Planes***  
**By Sissy Goff, David Thomas and Melissa Trevathan**

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Daystar Counseling Ministries in Nashville sees kids ranging in age from 5 to 18. Alongside professional counselors Goff, Thomas and Trevathan, (75+ years combined experience) are the canine counselors. Melissa's Old English Sheepdog is Blueberry, David's Yellow Lab is Owen, and Sissy's little Havanese, Lucy, is the boss of them all.

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- Tell us about the work you do at Daystar in Nashville. Since you counsel parents as well as children, you have the unique privilege of hearing "both sides of the story."
  - Define an intentional parent for us. What does this parent focus on?
  - You suggest that a good first step toward parenting intentionally is to request feedback from a few close friends, and your children. What would this look like?
  - It sounds like intentional parenting involves a good amount of personal reflections and self discovery. What is the benefit of doing this interior work as a parent?
  - I love how your book offers very practical guidance for becoming an intentional parent. In the chapter on "being a patient parent," you advise readers to remember their own childhood. How does this impact patience?
  - Your book describes a "Peter Pan parent" as one who is stuck in their own childhood. How does this prevent intentional parenting?
  - When you write about "being a consistent parent," there is an emphasis on teaching children responsibility. How is this an element of an intentional parent?
  - One of the most enjoyable chapters is on becoming a playful parent. Explain what this looks like in a family.
  - The concept of being a hopeful parent is intriguing. Every parent has fears about their parenting and fears about their child. What are the marks of a hopeful parent?
  - What does it mean to be a "free parent"?
  - What should a parent do when your life, or your child's life, isn't turning out as you expected?
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Guest/s: Sissy Goff, David Thomas, and Melissa Trevathan, of Daystar Counseling Ministries (Nashville, TN)

Book title: *Intentional Parenting: Autopilot is for Planes*

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