**Parenting Time Out: 20 Date Night Discussion Questions**

*Marriage bonus points for you. You won't regret making the time for an intentional moment together. These discussion questions are intended to spark honest conversation that will move your marriage forward. Pick and choose the questions that fit you. Answer in light of being the parents of a medical needs child.*

1. **Which two words best describe your role in caring for our medical needs child? Why?**

caretaker, advocate, manager, organizer, supporter, comforter, entertainer, nurse, peacemaker, appointment taxi driver

2. **What has been easier than you expected?**

3. **What has been harder than you expected?**

4. **How has this changed our relationships with friends and family?**

5. **Which of these feelings has been the biggest surprise to you?**

guilt, focus, fear, anger, joy, powerlessness, peace, weakness, disappointment, numbness, strength, faith, hope, courage

6. **Two words that best describe the current state of our marriage. Why?**

together, out of sync, stretched, connected, shaken, strong, fragile, renewed, grounded, messy

7. **What are we doing well to pool our collective strength?**

8. **What are some things we could do to strengthen our marriage and have more fun?**

9. **How could our family have more fun?**

10. **What was the single best thing that happened this past year?**

11. **Pick the one thing your spouse would say makes them the most crazy about the wild ride of medical needs parenting. Don't ask them. Guess how they'll respond.**

12. **What was an unexpected joy this past year?**

13. **What is God trying teach you by giving you a medical needs child?**

**or New**

14. **In what way(s) have you grown emotionally?**

15. **In what way(s) have you grown spiritually?**

16. **How has this journey impacted our other kids for the better? Worse?**

17. **What are some of the funny things that have happened to us along the way?**

18. **If medical parents could be given honorary nursing degrees, what courses have you earned credits in?**

19. **Anything you miss about life before medical needs?**

20. **What are three things I could do to better support you?**

**Questions for New Year’s Eve**