

SUGGESTED INTERVIEW QUESTIONS

Michelle Nietert, MA, LPC-S, co-author of
Loved and Cherished: 100 Devotions for Girls

PARENTING AND MENTAL HEALTH

- In this strange culture our kids find themselves in, how can we as parents help them be OK?
- What are some signs they may be struggling and are not OK?
- If they need additional help, how can I find it?
- How much do I as a parent share with them about my own struggles, concerns and worries?
- How can I get my kid to talk to me or get them out of their room?
- What is resiliency and what does it look like today?
- I'm worried my child is too isolated. How can I help?
- What are some practical tools you teach that keep kids mentally healthy?
- I may have to decide whether to let my kid do school online or go to school with a mask. How do I decide what's best for my child?
- I feel like my child is spending a lot of time sitting around consuming media and being unproductive, but I'm trying to work. How do I guide my child while still trying to hold down a job?
- You share that 1 in 4 children currently receive a mental health diagnosis by the time they are 18. Can you help us as parents understand what's happening and how we can protect and prepare our kids for this reality?

LOVED AND CHERISHED

- You are so passionate about spreading the message of equipping parents and their kids regarding mental health, why did you choose to co – author a devotional for girls?
 - How can we tell if our kids are struggling with knowing they are loved?
 - What are some practical ways, we as parents can reinforce the truth of unconditional love of a world based on performance and appearance?
 - One of the devotions you wrote is about your child facing disappointment. How can we help our kids struggle well?
 - You've chosen a scripture for the back of your Loved and Cherished T shirts for the girls and their moms. Can you share why you chose Jeremiah 31:3.
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Guest: Michelle Nietert, MA, LPC-S, professional counselor for 20 years, podcast co-host of Raising Brave Beauties, popular conference speaker for parents, educators, women and professional speakers and writers

Book: Loved and Cherished: 100 Devotions for Girls

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