The MFLN Early Intervention team seeks to provide practitioners with resources that support the important work they do with military families. These guided discussion questions are designed to be used with children from ages 3-6 at home or in preschool settings. These questions can be used with children who have a loved one in the military or children who want to gain a better understanding of military life.

**A Hero Lives in My Family by Dr. Susan Hunt**

1. What kind of jobs does a helping hero do?
2. Sometimes helping heroes can feel sad.
   
   What makes you feel better if you are feeling sad?
3. The helping hero says to find ways to love every day.
   
   What can you do to show your helping hero you love them?
4. What is a helping hero’s favorite job?
5. How does your helping hero help other people?
6. What do you think your helping hero like best about being a helper?
7. How can you be a helper?