



# Human Raised

## Quick Start Discussion Guide

- 1. The "enough" question:** The author describes a pervasive feeling among parents of "not doing enough" — and shows how that anxiety can become its own trap. Where does that feeling come from for you personally? Has anything in this book shifted how you think about it?
- 2. The brain-building basics:** Patricia Kuhl's research showed that babies learn language from live human interaction but not from screens showing the same content. What does this tell us about what children actually need — and how does it make you think about the role of AI tools and devices in your child's daily life?
- 3. The HOPE framework:** The four HOPE principles are: Human connection is irreplaceable, Own the imperfections, Protect the early years, and Enhance — don't replace. Which one feels most urgent or most difficult for your family right now?
- 4. The Goldilocks Zone:** The book argues that "good enough" parenting — messy, imperfect, full of small misunderstandings and repairs — builds more resilience than perfectly responsive AI ever could. Does this feel liberating or hard to accept? How does it sit with the cultural pressure to optimize every moment?
- 5. Your one thing:** The title Human Raised can be seen as both a label and a call to action. What is one concrete thing you want to do differently — in your home, your community, or your advocacy — as a result of reading this book?

