

THE PSYCHOLOGY OF MY GIRL

Childhood Innocence, First Loss, and the Beginning of Grief

DISCUSSION GUIDE

Use this guide to reflect on how children experience love, loss, and the first moments that change them forever.

1. BEFORE WATCHING



Set the stage.

- What makes childhood feel safe, magical, or emotionally intense?
- Why can a first close friendship feel so important in a child's life?
- What are some ways children understand life and death differently than adults?

2. WHILE WATCHING



Notice the emotional world.

- What helps Vada feel understood, and what makes her feel alone?
- How do friendship, imagination, and fear all live side by side in childhood?
- What do the adults in the story see clearly, and what do they miss?

3. AFTER WATCHING



Reflect together.

- What does first loss do to a child's world?
- Why does grief in childhood often come in waves rather than in one clear feeling?
- What does the story show about memory, love, and the way children carry people forward?

4. FAMILY REFLECTION



Make it personal.

- When you were young, who made you feel safe and seen?
- How do you wish adults had helped you understand hard feelings?
- What is one gentle way we can help children talk about grief without overwhelming them?

★ DR. Z TAKEAWAY ★

Children do not grieve like miniature adults. They grieve in pieces, in questions, in moments of play, and in repeated returns to what has been lost. What heals them most is not perfect explanation, but loving presence.

DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.