

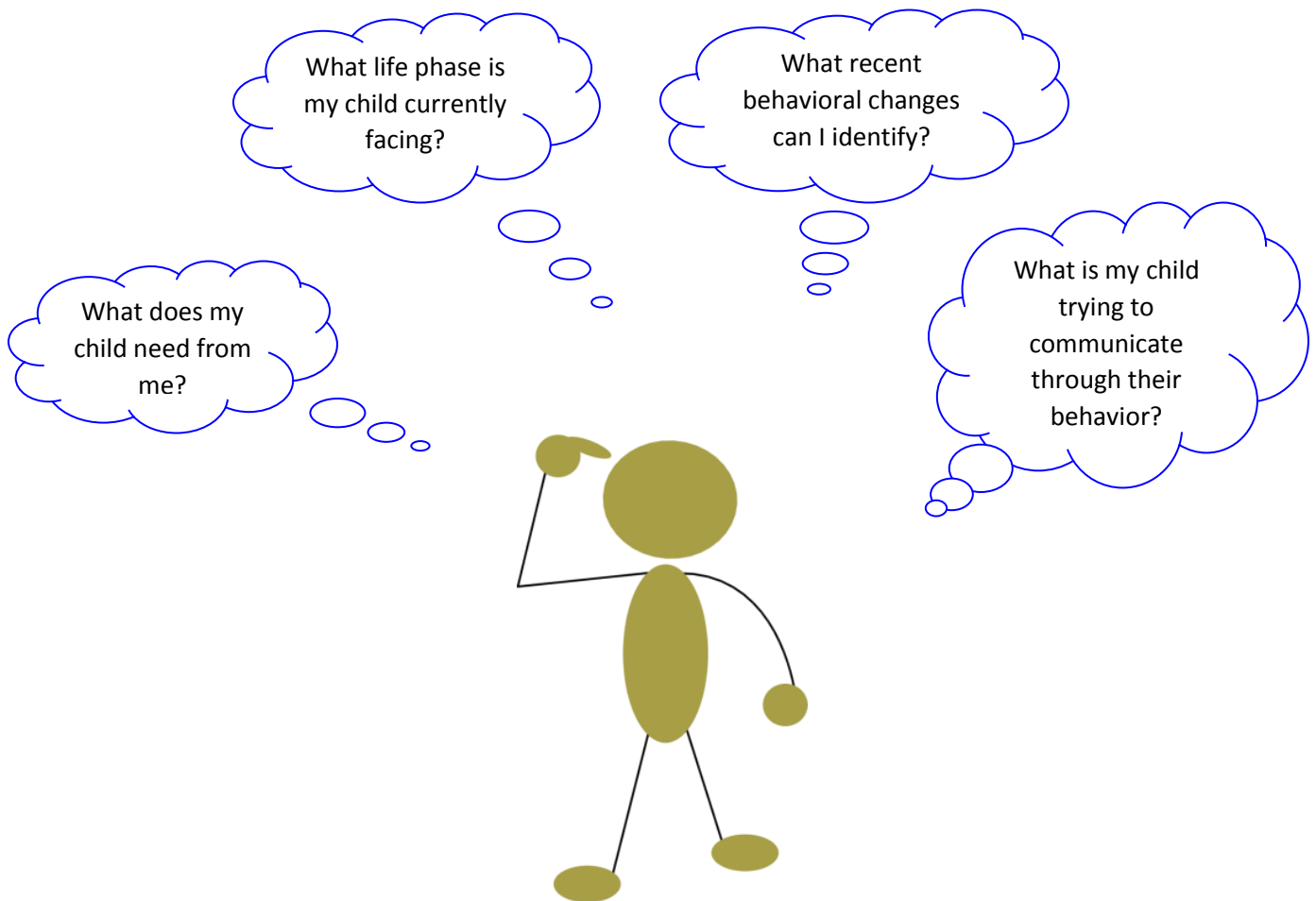


HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Families of Young Children

Reflection Activity #3: Childhood Life Phases

Directions: Take time to think about the following bubble prompts. Next, complete the questions below, keeping in mind your thoughts from these prompts. If there is more than one caregiver in the family, considering having each caregiver complete the activity. Afterwards, review your responses together, and discuss the similarities and differences between each other's view of the child.



1. In what ways is your child trying to display their independence?

2. Does your child seem to be struggling with who they are as an individual? In what ways? How could you help them with those struggles?

3. How would you rate your child's self-worth and confidence? (Low, Average, High) In what ways could it be improved?

4. Is your child easily influenced by others and social media? In what ways is that positive or negative?

5. How does school influence your child's behavior? In what ways do they shine? In what areas do they struggle in?

6. How well does your child communicate their needs and wants to you?

7. How well would you rate your child's problem-solving and decision-making skills? (Low, Average, High) In what ways could you help them improve these skills?

8. Does your child have any developmental delays or learning disabilities that keep them from succeeding? How can you help them with their needs?

9. How well do you know your child's friends? How involved are you in their world?

10. Is your child being bullied? How can you help support them?
