



# BE YOUR CHILD'S CHAMPION

## Work Sheet

### My Reflections

Take a few moments to think about the conversation. Consider what the other person said and then read what you've written about the conversation.

Remember: It's not necessary to provide a response to every question. Sometimes, it may even be helpful to admit that you just don't know the answer!

**This is how I feel about the conversation:**

**What I learned or information I gained as a result of this conversation is:**

**The additional concerns or questions I have as a result of this conversation are:**

**How am I feeling?**

