



BE YOUR CHILD'S CHAMPION

Work Sheet

My Thoughts

Take a few moments before engaging in a conversation to consider the situation.

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!

What is working well in this situation is:

My concern is:

What I see in my child is:



This is how my child is affected:

This is what I have done or tried to do:

These are the results I've gotten:

This is what I think I would like to happen:

How am I feeling?

