REFLECTION PAGE

For grown-ups



For after a hard moment, when things are calm. Answer as many or as few as you like.

1 **What happened? A few words is enough.**

2 **What did my child's body show me?**

3 **What did I notice in my own body?**

4 **What helped, even a little?**

5 **Is there anything I'd like to put right?**

6 **What would I like to try next time?**

7 **One thing I did well:**

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