

## Reflection Questions: Observe and Describe

Observe and Describe is useful if you use it with your child for clarity on their behavior but also for yourself as you evaluate your own behaviors with your child.

1. Using the steps of Observe and Describe, evaluate how you respond to your child's misbehavior?
2. One of the hardest parts of Observe and Describe is being able to do it without becoming emotional. What can you do to control your own emotions?
3. Are you able to use Observe and Describe consistently without being distracted by your child's behavior or if they try and change the subject?

Determine your comfort level using Observe and Describe. If needed, practice it often to increase your confidence.