

## Reflection Questions: Putting it All Together

1. What lesson was the easiest for you to learn? Why?
2. What lesson was the hardest for you to learn? Why?
3. What skill do you want to improve?
4. What is the most important thing you learned during this lesson?
5. What do you plan to do differently as a result of what you have learned?

Evaluate your answers.

Putting it all together requires you be comfortable with all the skills so you can use any of them whenever you feel it is needed. Being able to move between the skills takes some time and practice. Once you are able to comfortably use the skills, you will notice huge improvements in your own ability to help your child but also in your child's ability to help themselves. You will also notice that your relationship will continually improve over time. Congratulations.