

ACTIVITY 2: SUPPORTING YOUR CHILD

1. How does your child communicate his/her physical and emotional needs to others?

2. What are the items or activities your child enjoys? What are the items or activities that comfort your child when she/he is emotionally distressed or upset?

3. What specific challenges does your child face in daily life? What are triggers for your child in terms of creating stress or struggle?

4. How would you know that your child is stressed or struggling physically and emotionally?

5. What things, people or activities would help calm your child or help her/him feel better when distressed?
