

# Parent Reflection worksheet



**STEP 1:** Observe and reflect Log your child's experiences in Areas for Reflection and What to Consider. You may be inspired to add some of your own!

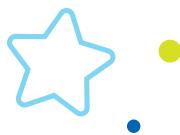
**STEP 2:** Write down what you see and think in the Notes for Future Conversations.

**STEP 3:** Have conversations with your child and their teacher to share your reflections and record their thoughts

**STEP 4:** Develop Next Steps for future growth and success

This key developmental information will help you advocate for your child and, more importantly, help them learn to advocate for themselves.

Area for Reflection	What to consider	Notes for Future conversations	Next steps
strengths	<p>Celebrate and connect with your child through these successes. Communicate to teachers to allow for further exploration in the classroom.</p> <p><b>Ask:</b> In what areas does your child experience success?</p>		
joyfulness	<p>Find ways to nurture this joy with activities both in and outside the school setting.</p> <p><b>Ask:</b> What brings your child joy or energizes them when they're anxious or tired?</p>		
Friendship & social skills	<p>Social skills are learned skills, and practice can help both in class and extracurriculars.</p> <p><b>Ask:</b> Does your child have the ability to connect with peers?</p>		



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Growth opportunities	<p>Instill a growth mindset by setting goals for things your child is not able to do yet but is working toward.</p> <p><b>Ask: In what areas does your child need development?</b></p>		
Academics & interventions	<p>Collaborate with educators to support learning at home.</p> <p><b>Ask: Where does your child excel or struggle with homework, tests, report card grades, etc.?</b></p>		
Empathy & Kindness	<p>Model empathy at home and work with educators to build compassion and curiosity at school.</p> <p><b>Ask: Is your child kind and cooperative with others, especially those who aren't their friends?</b></p>		
Confidence & Participation	<p>Develop strategies or role play to boost self-assurance and courage.</p> <p><b>Ask: Does your child actively participate in activities and classes, or do they tend to hang back?</b></p>		

Sources: Mawi Asgedom, social-emotional expert; Anjanette Keck, student intervention coordinator and elementary/middle school classroom teacher

