

WEEK 4 HOMEWORK

- What are possible trauma reactions, responses, and reminders for my child?

- What safety message would be helpful to support my child in navigating reminders?

- Use the graphic on the back to create an 'I feel' message about an issue (arguments, boundary violations, etc.) in your relationship with your child. Better yet, work *with* your child to complete the statements.

"I" STATEMENTS

I FEEL

BECAUSE

WHEN

**WHAT I
NEED IS**

