

Parent Workshop Reflection Questions

Part 1 - Adolescent Development

What physical, emotional, or social changes have I noticed in my child over the past year?

How might these changes be influencing their mood, motivation, or behaviour?

How do I typically respond when their emotions feel “big”?

What is one way I can better support them through this stage of development?



Part 2 - Growth Mindset

How do I typically respond when my child says, “I can’t do this”?

How do I personally respond when I make a mistake?

Do I allow space for my child to struggle — or do I jump in quickly?

What is one phrase I can begin using to reinforce growth and learning?

Part 3 - Effective Communication

When my child talks to me, am I fully present?

Is my tone aligned with the message I want to send?

When was the last time we had a meaningful conversation?

What small daily habit could strengthen our connection?

