

## Week 3. THE “WE”: WE’RE IN THIS TOGETHER!

### **HANDOUT:** NURTURING THE “SHIP” – THE RELATIONSHIP WITH YOUR CHILD



**What could be sun, water, and good soil for the “WE” – for the “plant” that is my relationship with my child?**

*First*, reflect and write down some general “nutrients” that come to heart and mind... integrity, honesty, reliability, forgiveness, kindness, trust, warmth & love, listening, creative play, fun, communication, mutual respect...

*Then*, take some time to think about and note down what steps you can take to bring these nurturing elements more to life in your relationship with your child?

*And finally*, consider what steps you will take this week?