Week 4. THE “YOU”: DISCOVERING AND MEETING YOUR CHILD AS FULLY AS POSSIBLE

JOURNALLING REFLECTIONS FOR THIS WEEK

- **What do I most appreciate about my child(ren)?**

- **Which of the six core practices comes easily to me in relation to my child(ren)?**

- **Which ones might I like to include more?**

- **What helps me slow down, and become present to my child(ren)?**

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