

REFLECTIVE QUESTIONS GUIDE

REFLECTIVE THEMES

The below themes may be helpful as you consider your reflective questions.

INWARD

Focus: Caregivers internal world and experience



- The caregiver's own experience of being parented and how they were responded to as a child
- Beliefs and values they hold that influence their thoughts and reactions
- Triggers or patterns that emerge in challenging moments
- Their emotional responses and what sits beneath them
- Strengths they draw upon when parenting
- What they need to feel supported and resourced
- How their own history shows up in their caregiving

OUTWARD

Focus: The child's experience and perspective



- The child's developmental stage and what's age-appropriate
- The child's communication style, cues, and ways of expressing needs
- What emotions or experiences the child might be having
- What the child is trying to communicate through their behaviour
- The child's strengths, capabilities, and motivations
- How the child might experience the caregiver's response
- The child's perspective on the situation (not the caregiver's interpretation)

INTEGRATIVE

Focus: Building a coherent narrative to propel change



- What new understanding has emerged by connecting inward and outward reflection
- How the caregiver's perspective of their child has shifted
- The connection between the caregiver's own needs and their child's needs
- Concrete, actionable changes the caregiver will make
- How these changes strengthen the caregiver-child relationship
- The caregiver's agency and capacity to create change
- Hope and possibility for the relationship moving forward

REFLECTIVE QUESTIONS GUIDE

EXAMPLES OF QUESTIONS AND PROMPTS

INWARD <i>Focus: Caregivers internal world and experience</i>		
AWARENESS	UNDERSTANDING	ACTION
<ul style="list-style-type: none"> • "What did you notice about yourself in that moment?" • "How were you feeling when...?" • "What was going through your mind when your child...?" 	<ul style="list-style-type: none"> • "Where do you think that reaction comes from?" • "Has this happened before? What does it remind you of?" • "What do you believe about your child's behaviour?" 	<ul style="list-style-type: none"> • "What would have helped you in that moment?" • "What could you do differently when that happens again?" • "What did you do well in that situation?"
OUTWARD <i>Focus: The child's experience and perspective</i>		
AWARENESS	UNDERSTANDING	ACTION
<ul style="list-style-type: none"> • "What did you notice about your child in that moment?" • "What behaviours or cues did you observe?" 	<ul style="list-style-type: none"> • "What do you think your child was feeling/needing?" • "From your child's perspective, what might they have been experiencing?" • "What might your child be trying to communicate?" 	<ul style="list-style-type: none"> • "What do you think your child needed from you in that moment?" • "What strengths does your child have that could help them in this situation if it happens again?" • "How might your child respond if you...?"
INTEGRATIVE <i>Focus: Building a coherent narrative to propel change</i>		
AWARENESS	UNDERSTANDING	ACTION
<ul style="list-style-type: none"> • "What have you learned about yourself through this?" • "What have you learned about your child?" • "What's shifting in how you see this situation?" 	<ul style="list-style-type: none"> • "Knowing that, how does that change how you see the situation?" • "How might your child respond if you...?" 	<ul style="list-style-type: none"> • "What's one thing you could do differently next time?" • "How could you 'be with' your child next time?" • "What would that look like if you...."
PEER REFLECTIVE PROMPTS <i>Focus: To normalise experiences and enhance reflective capacity</i>		
<ul style="list-style-type: none"> • Has anyone else experienced something similar? • When this happened for you, what was something you found helpful? • Has anyone had success with a strategi when this has happened to them? • Does anyone recognise themselves in that story?" • What strengths did ____ use in that moment? 		