



## **Parent / Family Member Reflection Questions**

*Aloha, These questions are designed to assist you in developing your Peace Action Plan as part of your participation in the Ceeds of Peace Workshop series. Your answers will not be judged or shared. Rather, they are for your own reflection. Please think about your daily interactions with your child/ren and answer honestly. It is OK to have areas that are difficult or challenging – these will guide the creation of your Peace Action Plan. Please bring questions and answers with you to the workshop for your own reference. Mahalo!*

1. How do you wake your child/ren up in the morning?
2. What is your morning routine like, when getting your child/ren off to school or other activities? What, if anything, is most stressful and why?
3. How do you handle situations when your child/ren's behavior is challenging?
4. What discipline strategies do you commonly use and do you feel they are successful?

5. How do you show your child/ren love?
  
  
  
  
  
  
  
  
  
  
6. Do you have family rules that everyone knows?
  
  
  
  
  
  
  
  
  
  
7. What strategies do you use at home to help maintain peace among all family members?
  
  
  
  
  
  
  
  
  
  
8. What is your evening routine like, when getting your child/ren to wind down, bathe, prepare for bed, etc? How about dinner time – is it calm or stressful? What is discussed over dinner?
  
  
  
  
  
  
  
  
  
  
9. How do you handle issues that affect the entire family? Are family meetings typical in your home?
  
  
  
  
  
  
  
  
  
  
10. What are the biggest stressors facing your family right now?