



Parents of Preschoolers

Teaching and Learning Session One: What Do You Know?

Introduction

At POP, we like to say that “children’s needs are human needs” – and that treating ourselves the way we treat our preschoolers can help us flourish. What would it be like to view our own responses and behavior with the same compassionate curiosity we bring to interactions with our children? Today’s worksheet will help you try!

Question

Take a look at the example below. Think of a moment in the recent past when an interaction with your preschooler didn’t go the way you’d hoped or intended. Use the Notice / Reflect / Respond framework to help you view your own reactions with compassionate curiosity.

Invitation

Over the next few days, experiment with using the Notice / Reflect / Respond questions to consider any difficult moments. What do you learn about yourself? Take notes if you choose!

Notice / Reflect / Respond: Fill-in-the-Blank

Think of a time when an interaction with your child didn’t go the way you’d hoped.

Notice : How did you feel in the moment? frustrated / powerless

Reflect: What other things were happening? My spouse was late getting home

Respond: What can I do to respond differently next time? Explain what’s happening instead of yelling

Session One: Notes

What are you learning about yourself and your responses from using the Notice / Reflect / Respond framework? Take notes here!

