



## Week 4

### B is for Beliefs- Reflection Questions

After watching the session video please complete this form and send it back to the facilitator.

1. What is one Myth that you have encountered about ADHD when talking about your child. How did you handle this discussion?
2. Think of a poor behaviour your child has communicated to you. When you think about poor behaviour being a skill deficit how do you support your child with learning this new skill?
3. How have you practiced mindfulness as a family?
4. What part of the Circle of Security map was most impactful for you?

Don't forget your homework: working from your strengths, your child's strengths, and narrowing down your child's behaviour concern.

### Session Feedback:

Question	Yes	No
Was the video easy to understand?		
Was the material helpful for your family?		
Do you want the facilitator to contact you?		