

### Questions to Ask Yourself

- 1) Can you remember a special moment of receiving support from your family as you were growing up?
  
- 2) Did you have fun in your family when you were growing up? If so, when was this?
  
- 3) When do you have the most fun together as a family?
  
- 4) Where is your child learning most about how to build healthy relationships?
  
- 5) What could you do to invest in the various relationships in YOUR family?