

My Child Makes Me Smile when



Please write down 3 things that your child does that puts a smile on your face.

1.

2.

3.

As you think about those 3 things what kinds of feelings are you experiencing?

Adapted from Blaustein, M., & Kinniburgh, K. (2018). *Treating Traumatic Stress in Children and Adolescents. How to foster resilience through attachment, self-regulation and competency* (2nd edition). New York: Guilford Press.

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