

Module Three

Empowered conversations

What beliefs can you imagine your child has about feeling strong feelings or expressing their feelings?



When you witness your child feeling sad or disappointed, can you validate their feelings and hold space for sadness and disappointment to pass, in its own time?

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Did you feel like you were listened to as a child and truly heard?

If not, do you struggle to communicate today? Maybe you shout to be heard, or you stay quiet and suffer in silence?

As a child, did you witness your caregiver(s) express their feelings through communication?

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As a parent, do you struggle to “use your words” when you are overcome with intense emotion?

As a parent, do you feel comfortable and believe you are capable of supporting your child to “use their words” to express their emotions? (Remember, using words to express feelings and needs comes after safety and calm has been restored enough in the body of the child.)

Do you experience difficulty or ease in feeling your feelings, naming them, and verbally communicating them?