



Knowing Your Child

Knowing our children may be one of the most useful parenting tools we have available to us. Use these questions as a guide to help you explore your child's unique wiring. Try to be as specific and descriptive (using observable behaviors) as you can to complete each answer. If you don't know the answer, observe your child in the coming week to uncover the answer.

1. I know my child is upset when . . .
2. I know my child is mad when . . .
3. I know my child is sad when . . .
4. I know my child is excited when . . .
5. I know my child is nervous when . . .
6. I know my child is scared when . . .
7. I know my child is content when . . .
8. The two strongest emotions my child expresses are: 1)
2)
9. My child becomes frustrated when . . .
10. The most common mistake I make when dealing with my child is . . .
11. My child is calmed or comforted by . . .
12. My child feels heard when . . .
13. My child feels loved when . . .
14. The "button" my child pushes in me most often is . . .
15. My child's best attributes are . . .
16. My child is most responsive to correction when . . .
17. My child is motivated by . . .
18. The things that are most important to my child are . . .
19. I have seen God work in my child's life when . . .
20. In the past year, I have seen the most improvement in . . .