



# Parenting

## Identifying relationship patterns: Part 1

<b>Caregiver Name:</b>	<b>Clinician Name:</b>
Identify a recent and common interaction you had with your child:	
<b>Caregiver</b>	<b>Child</b>
What were my needs?	What were my child's needs?
I expected my child to...	My child expected me to...
I felt...	My child felt...
How did I react?	How did my child react?
What could I do in the future?	What outcome would I want for my child next time?





# Parenting

## Identifying relationship patterns: Part 2

<b>Caregiver Name:</b>	<b>Clinician Name:</b>
Identify a recent and common interaction you had with your parent or caregiver:	
<b>Caregiver</b>	<b>Your Parent or Caregiver</b>
What were my needs?	What were my parent's needs?
I expected my parent to...	My parent expected me to...
I felt...	My parent felt...
How did I react?	How did my parent react?
What could I do in the future?	What outcome would I want for my parent next time?