

Conversations With My Child(ren)...

created by: Novah O

2 n 1 Relationship Building Activities

Dear Reader,

I am Novah O. I have worked in the Mental Health field since 2000. I have had the opportunity to work with individuals, youth and families providing an array of mental health resources and services. Throughout my professional career I have found pleasure mentoring and empowering individuals with the skills needed to live their best life.

My experience includes Mentoring, Behavioral Health Services, including Therapy. I pursued my education earning my Master's in Education and Rehabilitation Counseling. I have used my platform to empower many where they are. My goal remains the same, I hope this journal provides you with the tools you need to make choices that empower you and your life.

I hope nothing but the best for you along this journey.

I created this journal with you and your child(ren) in mind. Parenting is the world's best gift God has allowed me a chance at. I am the proud parent of three children. My eldest two and I grew up together, and my youngest is now a young adult. To help I have relied on community as a tool to help me grow. Parenting has no real handbook, just advice, and information from people like me, passionate about this calling.

One of the best things that I have learned across this parenting platform is that it is important to create a space for chatter. My children can talk to me about anything. This is both a gift and a curse. A gift, if the space is healthy, wholesome, and full of hope and possibilities. A curse if you feel as if your way is the only way. *Take a breath and let that sink in.*

I have learned through parenting that children are people too. Their voices do matter. We must give them that space. For us, the Roberts, we had rules. And they were followed. Each person contributed to the development of these rules. We settled on: *"Honesty, listening for understanding, no judgment, give each other space"*. This was not always easy being their mother. To get me through took lots of work and practice. I will share my coping skills later in this journal.

This journal is designed to create conversations between two people, hoping to strengthen their relationship. There are two sections for explorations. The first helps each to personally reflect on behaviors and emotions that they experience. The second section consists of open-ended questions allowing each space to reflect on what means the most to them.

To begin, I think it's important to pause and explore triggers. This chart can be used as a tool to identify and understand personal triggers, which are *specific events, situations, or thoughts that can lead to emotional or behavioral reactions*. By recognizing and understanding triggers, individuals can develop strategies to manage and cope with them effectively.

Personal Triggers: Identify **specific events**, situations, and **thoughts** that you may currently have. It's advised to take your time when working through this section. There will be a host of emotions evoked in this activity. The key, is to get you talking, and help each to develop coping strategies that they are able, and willing to use when they become triggered.

Reflect each of the three categories, and the impact it has on both your behaviors and emotions. Participants will use this space to communicate with their partner. Each partner will allow space for reflections, being patient, and supportive.

Behaviors: These are examples of possible behaviors a person can display. Naturally, these behaviors show up positively in helping us get through challenges, and or conflicts. The goal is to motivate each to work to incorporate new sets of behaviors into their daily life practice.

Your role is to:

Choose a different behavior and work to implement these characteristics into your daily practices.

Emotions: are how we experience events, situations, or thoughts. Emotions can be overwhelming. Emotions can be positive and negative. It is important to understand how you respond to these emotions.

Reflect on how these emotions impact you when experienced.

What are you willing to do differently? If your current ways are not working, if you want to strengthen your skills in any area, you must be willing to do something differently. It is important to give space to explore what those things will be.

Personal Triggers	<i>Specific Events</i>	<i>Situations</i>	<i>Thoughts</i>
	Anniversary's	crowds	Self-Esteem
	Birthday's	loud noises	Compliments
	Happy Things	smells	Put Downs
	Sad Things	touch	Praise
Behaviors			
Empathy	Compassion	Kindness	Honesty
Generosity	Respectfulness	Patience	Forgiveness
Integrity	Self-Discipline	Assertiveness	Open-Mindedness
Optimism	Perseverance	Gratitude	Humility
Self-Confidence	Accountability	Flexibility	Curiosity
Tolerance	Cooperation	Adaptability	Self-Motivation
Self-Awareness	Communication Skills	Active Listening	Problem-Solving
Self-Care		Leadership	
Emotions			
happiness	sadness	anger	fear
surprise	disgust	love	Excitement
guilt		jealousy	
What am I willing to do differently?			

Coping Skills:

Remember to take a break when needed.

Never yell.

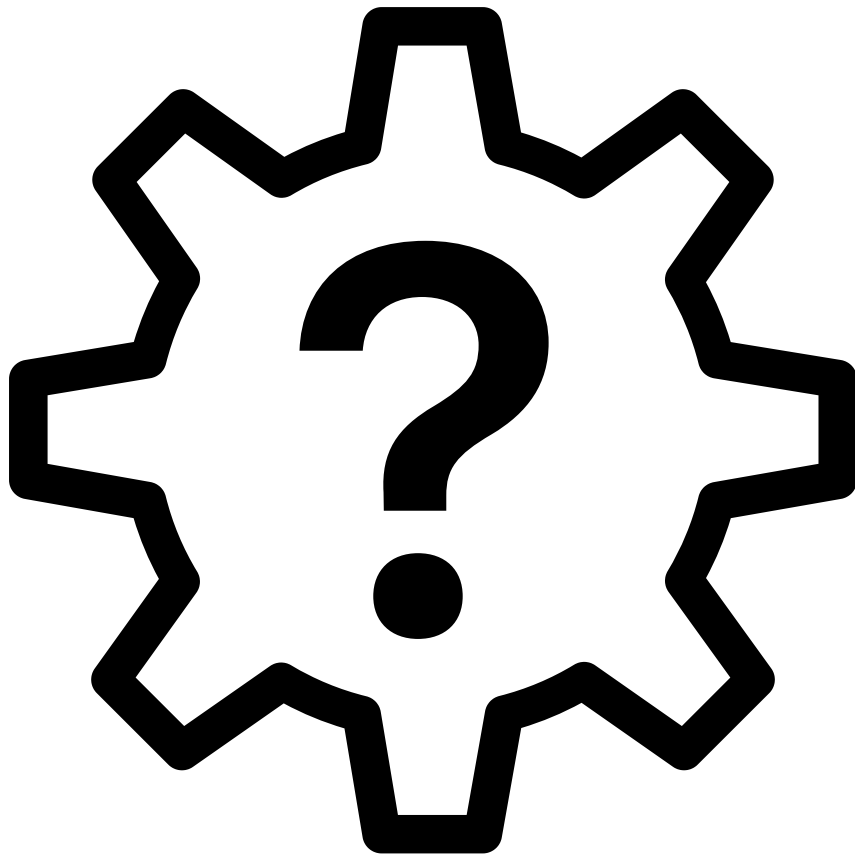
Give everyone their spotlight to chit-chat.

Avoid distracting the speaker



Deep breaths are helpful when you become triggered.*





How To Use:

You can **ONLY** complete **1 (one)** page **daily**

Each person will read the question

Each person will reflect on the question

Each person will answer the question

Remember there are no right or wrong answers

The only right answer is the one that comes from the
heart.



make
"GOOD"
MEMORIES

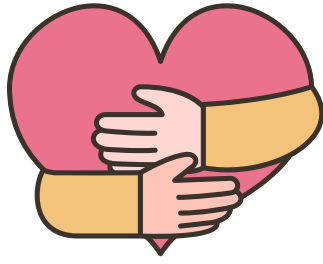
Day 1.

What is your favorite memory of us
together?

Day 2.



What activities do you enjoy doing with me the most?



Day 3.

How can I support you better in your
daily life?

Day 4.

What are some things that make you feel loved and appreciated?





Day 5.

What are your dreams and goals
for the future?



Day 6.

What is something you've always wanted to ask me but haven't?



Day 7.



“HA
HA”
HA”

How can we have more fun and
laughter together?





Day 8.

What are some traditions or rituals we can create as a family?

Day 9.



How can I help you navigate challenges and difficult situations?

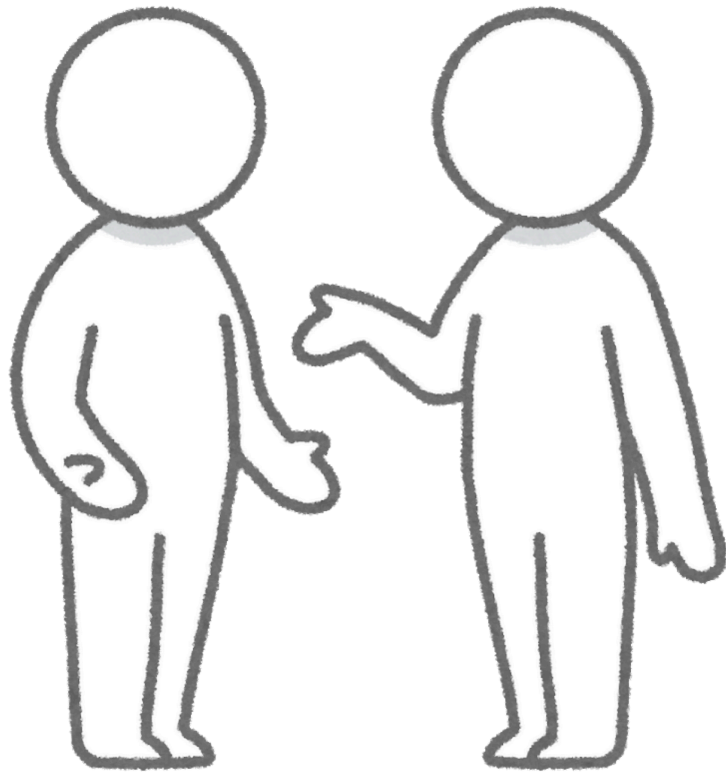


Day 10.

What do you think are our biggest strengths as a parent-child duo?



Day 11.



What are some ways we can communicate more effectively?



Day 12.

How can we build more trust and understanding between us?

Day 13.

What are some new activities or hobbies we can explore together?





Day 14.

How can we celebrate each other's achievements and milestones?



Day 15.

What are some ways we can show gratitude and appreciation for each other?



Day 16.



How can we better express our emotions and feelings to one another?

★ Priority ★

Day 17.

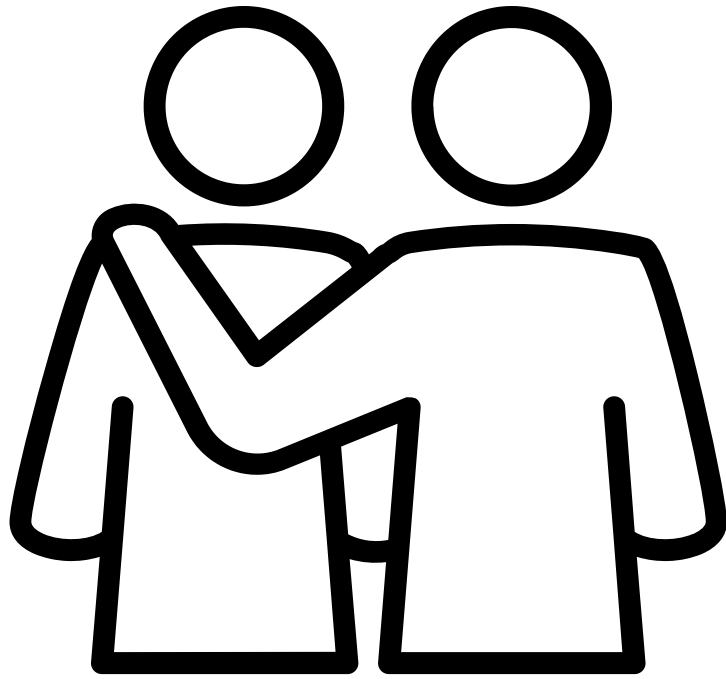
What are some values or principles we can prioritize as a family?

Day 18.

How can we create a safe and supportive environment for open conversations?



Day 19.



What are some ways we can demonstrate empathy and compassion towards each other?



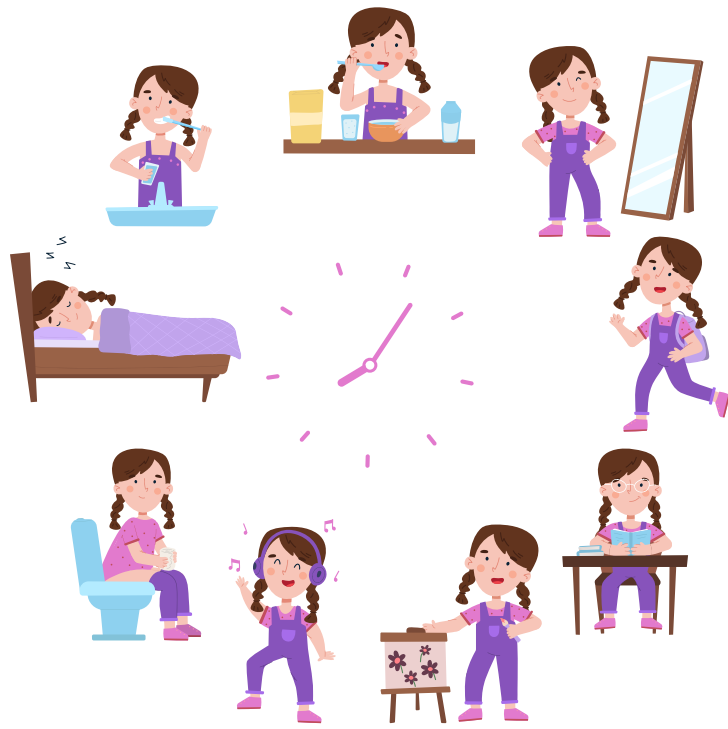
Day 20.

How can we improve our listening skills when we have disagreements?

Day 21.

What are some ways we can encourage each other's personal growth and development?





Day 22.

How can we make our daily routines more enjoyable and meaningful?

Day 23.

What are some ways we can collaborate and work together on projects or goals?



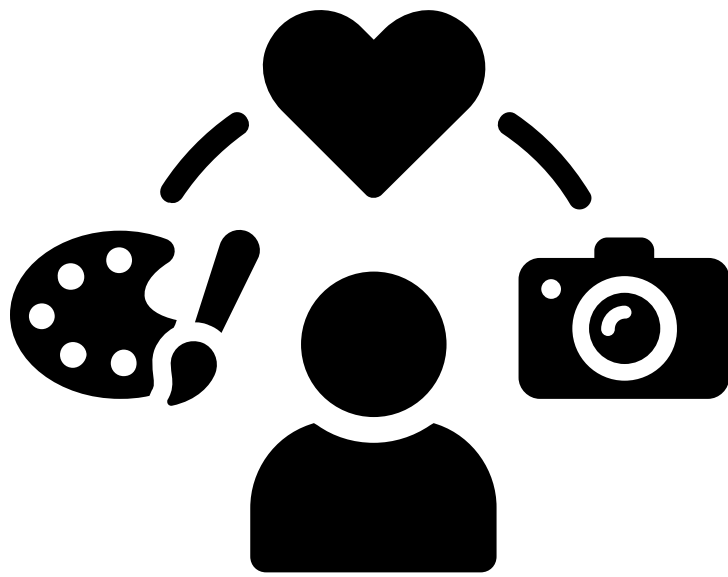


Day 24.

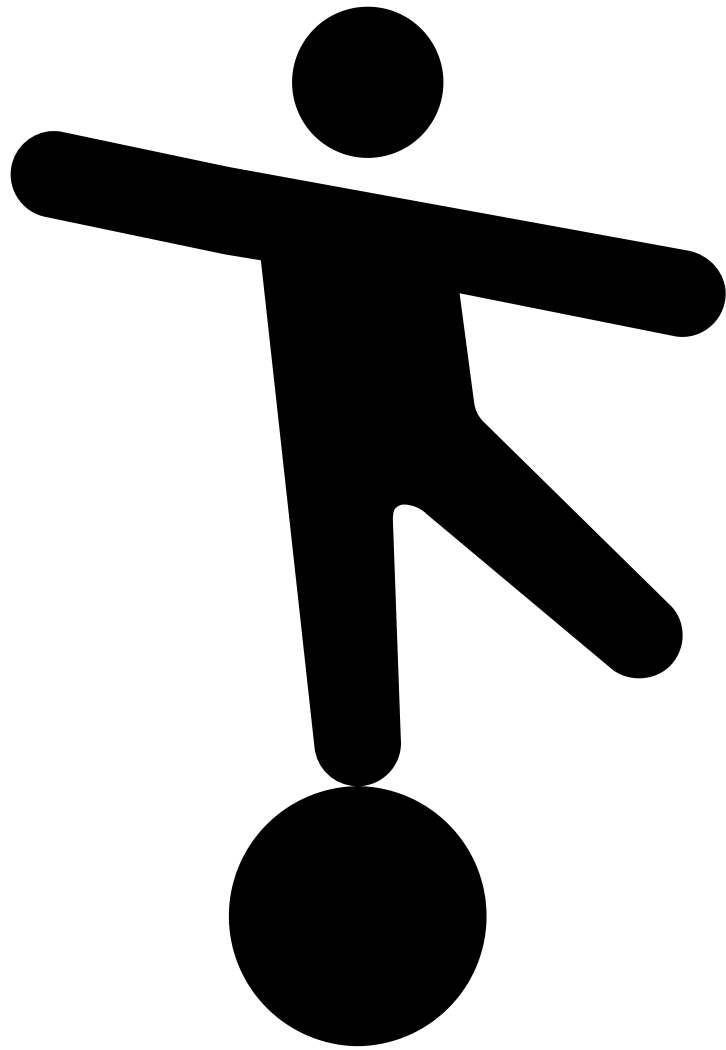
How can we make sure that we spend quality time together regularly?

Day 25.

What are some ways we can support each other's hobbies and interests?



Day 26.



How can we find a healthy balance
between independence and
togetherness?

Day 27.



How can we create a positive and uplifting atmosphere at home?

Day 28.



How can we handle conflicts or arguments in a constructive way?

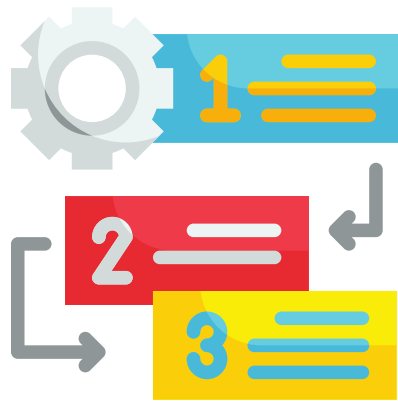
Day 29.



What are some ways we can show respect and kindness towards each other?

Day 30.

How can we make sure that we always prioritize our relationship and make time for each other?



WAYS YOU CAN REACH ME:

I hope nothing but the best for you along this journey.

P.S.

Don't be shy to reach back and let me know what I can do to help!

✉: (work)colasehinde@juliancenter.org

✉: (personal) MrsNovahO@gmail.com

➡:(317)426-9093 (please text for faster reply)

Novah O.