

Communicating with your Children Journal

The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.

What questions have your children asked? How are they adjusting to the changes in the family?

What new routines do you think your family would enjoy that would help your family adjust to the new normal?

