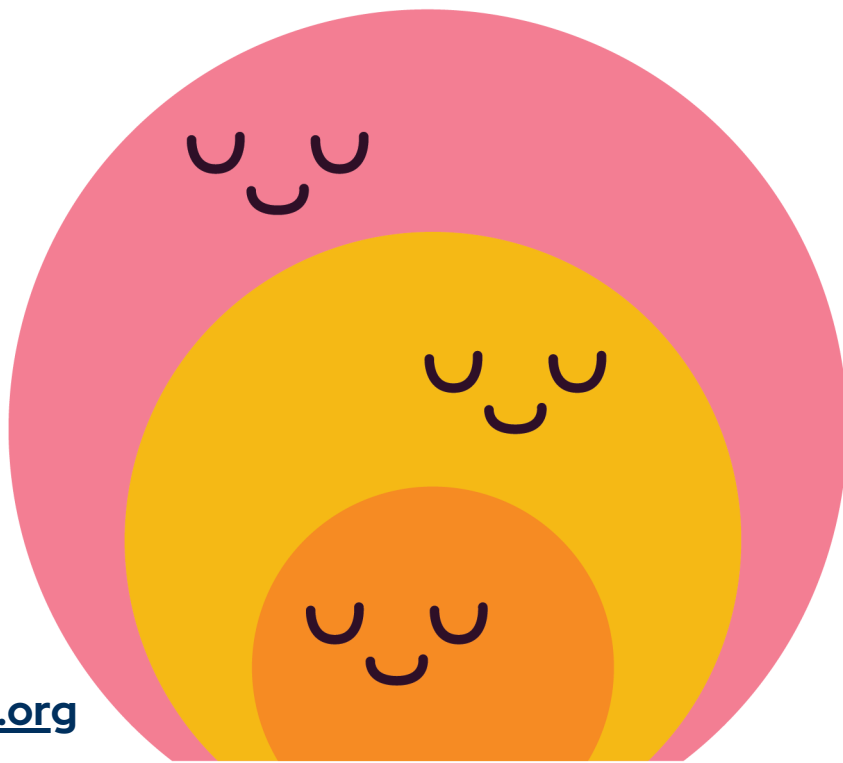


# Understand Your Child, **Better.**

15 Questions Curated by  
**Child Development Experts**



## Instructions

### **1. Constantly reflect & observe**

*(Do not go with what you know, dig deeper)*

### **2. Involve others and take their views**

*(Anyone who is in close contact with the child & family)*

### **3. Keep a journal**

*(Note down your thoughts and observations over time)*

## Caution

### **Be aware of your biases**

*(We usually do not see things as they are, rather we see them as we want them to be)*

### **Do not take it personally**

*(The answers do not reflect on you, your parenting; you are doing your best)*

# Questions

## Child Development

*The questions will help you think about various aspects of your child's development. They impact your child in everything they do now & in future.*

1. Do they believe in themselves, their individuality.
2. Do they express themselves well (their ideas, thoughts & emotions)?
3. Do they face challenges with a positive attitude?
4. Do they understand and accept others' perspectives?
5. Do they think thoroughly before taking decisions?
6. Do they allow external influences to affect their self-worth?
7. Do they react often (outburst, anger, shutting down)?
8. Do they take accountability for their actions?
9. Do they organise themselves efficiently?
10. Do they handle & resolve conflicts well?

# Questions

## Family Climate

*A child's development is hugely impacted by the family climate. These questions will help you think about and understand your family climate and its influence on your child.*

11. Do you spend quality time with each other?
12. Do you communicate in a healthy & supportive way?
13. Do you understand & accept one another as they are?
14. Do you manage conflicts & disagreements in a healthy manner?
15. Do you take decisions keeping the family in the centre?

