

Personal Reflection

How do you define the term *positive approaches*? What do you do that you believe are positive approaches that support your children?

Reflect on the physical environments in which you are most comfortable and most uncomfortable. What are the characteristics of the two sets of physical environments?

Now do the same for social environments. What are the characteristics of the social environments in which you feel comfortable and those in which you prefer not to spend time?

In what environments have you seen your children succeed or fail? What about those environments contributed to those results?

Have you discovered any aspects of your current environment that you are going to change?