

reflection

This page is an invitation to notice the child who waits.

Take a moment to reflect:

1. When was the last time I spent one-on-one time with _____
— without distractions? (child's name)



2. How does _____ usually express their needs?

Out loud Quietly Through behavior By waiting

Other: _____

3. What does _____ do that shows patience or understanding?



4. How might patience be protecting feelings they don't always share?



5. What is one small way I can intentionally choose this child this week?

Dedicated time Verbal reassurance Shared activity

Listening without fixing Celebration just for them

Other: _____

gentle reminder

Patience is a strength — but it should never require a child to disappear.

Noticing is love.

Choosing them matters.