**Session 3: Training with Ben Jones**

**Reflection & Awareness Discussion**

In session three we discussed the importance of emotional competence as well as the importance of assessing our own strengths and limitations in working with children.

Identify a time to speak with someone significant in your life (ideally your partner). This is to be someone you are comfortable being open and honest with to reflect on your own strengths and limitations.

Ask your partner the following questions. After your partner has answered a question, repeat it back to him or her, in your own words, to clarify that you understand the meaning of what was said. If your partner does not agree with your summary, ask him or her to correct the misunderstanding and then go on to the next question. Once this is completed, swap roles.

You do not need to document your outcomes this is a reflective activity.

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| **Question 1**  **What re your strengths caring for children?**  **What experiences have you had that contributed to your strengths?**  **What self-regulation skills do you use?**  **What skills do you need to develop to improve your abilities to care for children?** |
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| **Question 2**  **Describe a time when understanding cultural, ethnic or world differences**  **helped build a relationship with a child.**  **What do you do to become aware of children’s world views?** |
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| **Question 3**  **What situations do you find difficult to deal with in relation to children?**  **What behaviour on the part of a child might trigger a stress response in you?**  **Can you relate this to a past experience, value, belief**  **or lack of relevant life experience?** |
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| **Question 4**  **What do you get or hope to get from caring for children that motivates you, or will motivate you to continue being a carer? What needs of yours are being met, or you anticipate will be met, by the interactions with children?** |
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