

Your Child Reflect and Act Worksheet

Children respond in different ways to their special needs based on their age, their developmental stage, their personality, their family relationships, and their type of special health care needs. Your child may be affected emotionally, physically, academically, or socially. Use this worksheet to think about how your child's special health care need has affected your child in positive as well as challenging ways.

What is one challenge your child faces as a result of his or her special health care need?

What strategy would help in managing this challenge?

What are 2 or 3 steps you would need to take to implement this strategy?

After you have tried it, how did it work? Is there anything you would change to make it easier for you or your child?



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