

HOW DO YOU FILL YOUR CHILD’S BUCKETS: HOMEWORK

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Pathways to
Permanence 2

PARTICIPANT
RESOURCE
NOTEBOOK

Parenting
Children
WHO HAVE
Experienced
Trauma
AND LOSS

Session 3


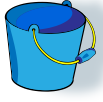

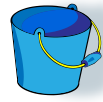
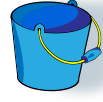
Childhood
Development

Homework

As you consider the various ways you can fill your child’s buckets each day, try to expand your thinking to include the many things you’re already doing and the small changes which could make a big difference over time. Take some time to build on your initial ideas. For example, parents often think of food as a way to fill their child’s physiological bucket. It absolutely is. Food provides nourishment, nurturing, comfort, and so on. We know that a child who is hungry cannot focus on mastering fractions, cleaning his room, or considering the feelings of his younger brother. Neither can a child who doesn’t feel safe. Your challenge in this exercise is to start with the important basics, such as feeding, and then take it to the next level.

These are the questions you should consider:

- What will help my child feel safe and secure?
- What will stimulate her senses?
- What has to happen in order for him to gain new skills?
- What kinds of experiences can I build into our everyday routines that will help my child heal and thrive?

 <p>Physiological Development</p>	
 <p>Emotional Development</p>	
 <p>Social Development</p>	
 <p>Cognitive Development</p>	
 <p>Conscience Development</p>	