

## Action Planning

Take some time to reflect on what you heard today. Review some of your reflection sheets and activities. Think about how you will use the information when you go home to your families. Write down one or two ideas or strategies you plan to try at home. Keep this handout and make notes about how it goes as you try the strategies.

**Write one or two ideas or strategies you want to try at home in the next week.**

1.

2.

**Questions for after you try the strategies:**

- What did you try?
- How did your family respond?
- What will you do next time you try it?