

Homework: Theme 9

Think ahead to a daily stressful event.

Everyday activity, e.g. feeding, mealtime, getting out house, child going to sleep

Parent								
1			6					
2			7					
3			8					
4			9					
5			10					

Child							
1			6				
2			7				
3			8				
4			9				
5			10				

What did you do?			