Homework: Getting to Know Your Child and Their Environment

The homework this week starts by getting a bit of a profile of your child so you can use it moving forward. (In the case where you may be an orchid yourself or with one, you can complete the homework for either of you as well.) Thinking about where we have seen our children's strengths and weaknesses will help form the way you can create an environment that is conducive to your child's thriving in the long run. An example (you can print them empty chart on the next page to complete):

Area	How this looks for your orchid
Emotional IQ	*e.g., very aware of slight changes in emotion in others; gets upset easily in sad situations; highly empathic towards others, always trying to help; feels very upset when she's made a mistake*
Reactivity to Stress	*e.g., when overwhelmed he freezes like a deer in headlights and can't seem to get back on track until he's acted out and gotten it out; can end up screaming and crying for ages in response to negative events and situations; cannot control emotions in really stressful situations; when able to tolerate, can be amazing in what would be stressful for others*
Leadership	*e.g., likes to be in charge, but is fair and kind to everyone; very good with younger kids*
Handling Change	*e.g., struggles when things aren't as she's used to them; can get very upset and lead to problems leaving for places or being in certain places; doesn't like to travel much at all or be away from known locations*
Creativity	*e.g., loves all things creative; finds very innovative uses for anything he finds; seems to find real meaning in things like music and art*
Sensory Struggles	*e.g., doesn't like certain types of clothing or tags; freaks out when there's too much going on (lots of people all talking at once – like birthday parties); highly sensitive to light and temperature*
Memory	*e.g., amazing memory for certain things and seemingly no memory at other times; really good at recalling stories and details of stories that he likes; cannot remember where things are half the time*
Sleep	*e.g., wakes regularly; much more of a night owl; struggles with sleeping in noisy environments; often wakes to the sun easily*

In addition, I want you to identify the following (again, there is another chart after for you to complete):

1. What are the events that are most difficult for you to handle with your orchid this week (or think back to the last few weeks)?
2. How supportive is the environment outside of the house for your child? Does your child struggle in other environments she or he is regularly exposed to?
3. What are other potential stressors in your child's life that you may need to help them overcome (e.g., divorce, moving, death in the family)?

The more we know about our children's life, the more prepared we can be to help them in our parenting.

Name and Age: _____

Area	How this looks for your orchid
Emotional IQ	
Reactivity to Stress	
Leadership	
Handling Change	
Creativity	
Sensory Struggles	
Memory	
Sleep	

Name and Age: _____

Please answer the following questions about your child's environment and interactions with carers.

What are the events that are most difficult for you to handle with your orchid this week (or think back to the last few weeks)?

How supportive is the environment outside of the house for your child? Does your child struggle in other environments she or he is regularly exposed to?

What are other potential stressors in your child's life that you may need to help them overcome (e.g., divorce, moving, death in the family)?