



Staff Well-being: Families and Staff Growing Together: Reflections

1. How do your days start before you get out of bed? What happens throughout the day? And what is the connection between the beginning of your day and the course of your day?

Blank orange box for reflection on question 1.

2. Think about the different actions you take each day to adapt to situations and overcome the challenges of everyday life. Write down your reflections.

Blank orange box for reflection on question 2.

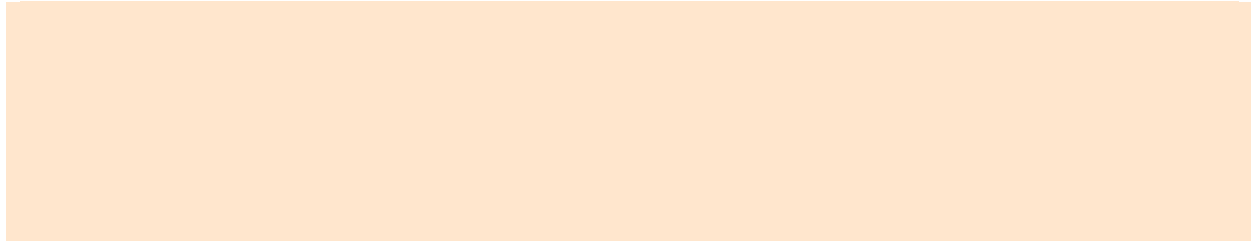
3. Think about how social well-being is reflected in the life of the human being. Write down your reflections.

Blank orange box for reflection on question 3.

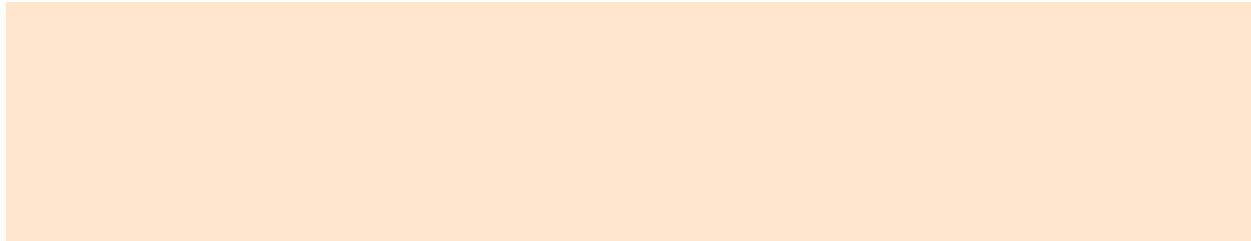
4. How do we interpret the concept of family well-being from the perspective of parent, family, and community engagement (PFCE)?

Blank orange box for reflection on question 4.

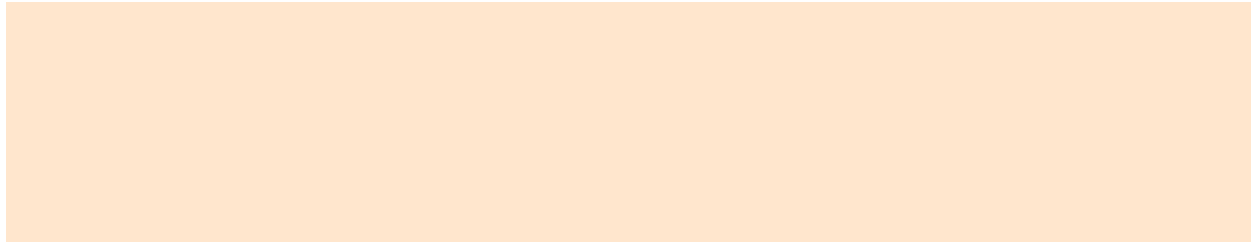
5. Reflect on the importance of relationships in strengthening personal and family well-being. Write down your reflections.



6. Consider and reflect on activities, actions, or steps you can take to promote family well-being. Write down your reflections.



7. Consider and reflect on activities, actions, or steps you can take to promote personal well-being. Write down your reflections.



**For more information, please contact us:
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