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THE ROAD TO CONSCIOUS CAREGIVING

5-Minute Quiz for Parents & Teachers



Hello!



Hello and the warmest welcome to this *5-Minute Road to Conscious Caregiving Quiz!*

My name is Suzanne and I am a Conscious Parenting Coach, Early Childhood Consultant and parent to two beautiful children.

Parenting and teaching in today's world, which is so often filled with stress and expectation, is a hard gig and one that we can't expect to navigate perfectly. But beginning a journey towards conscious caregiving can support us to feel more joy, confidence and alignment in our role as caregivers and can be one of the greatest gifts we can give our children.

The best place to begin this journey is to take some time (only 5 minutes in fact!) to discover your strengths as a caregiver and the aspects of your role that you want to deepen and develop.

Much like life, parenting is a journey of ongoing growth and new opportunities. I hope this quiz brings great insight and provides a roadmap of where you'd like your next steps to lead.

With love,

Suzanne

The Quiz



Spend some time now answering these statements

1. I have regular self-care rituals I enjoy Yes No
2. I know the things that trigger me to feel stressed Yes No
3. At times when I'm triggered and stressed, I have go-to tools I draw on to help me self-regulate Yes No
4. When navigating challenging caregiving situations, I am able to find an inner calm that allows me to respond instead of react Yes No
5. When I make mistakes within my caregiving, I am able to apologise to my child easily and forgive myself Yes No
6. I have a clear vision about the caregiver I want to be Yes No
7. I am clear on the core values and traits I want to instil in my children Yes No
8. We have a guideline as a family/team about the values we have and the way we want to live them Yes No
9. I know the aspects of my caregiving that go against the grain because the common way doesn't align with my beliefs or meet my child's needs Yes No
10. I feel comfortable caregiving in the way that supports my beliefs and the needs of my child Yes No

Self Reflections



Looking over your answers, jot down the aspects of your caregiving that you answered “Yes” to. These are strengths you already bring to your role as a parent/teacher:

Now jot down the aspects you responded “No” to and that you would like to cultivate more deeply within your caregiving:

Other reflections:

Next Steps



Well done for taking this time for yourself. Reflecting on ourselves with honesty takes great courage. And no matter what answers you gave, I want to celebrate you for taking this big step towards becoming the caregiver you want to be. Many people never begin to walk this road but you have and this shows the deep love you have for the children in your life! This is worth celebrating.

If there were aspects of your caregiving that you would like to strengthen, I would love to be an ally and guide on your journey.

My offerings for parents:

- **Conscious Parenting 6-Week Online Course**
- **The Allied Parent 1:1 Session**
- **Peaceful Playgroup (Wellington, New Zealand)**

My offerings for teachers:

- **Professional Learning & Development for Teams**
- **1:1 Professional Mentoring**

For more information, and to work together, simply visit

suzannerea.com

I'd be so happy to support you as you continue to walk the road towards conscious caregiving!

Suzanne