



## Daily Reflection Log

Tracking **daily communication efforts and emotional responses** helps identify **patterns, celebrate progress, and adjust strategies** as needed. Use this log to reflect on **what worked and what can be improved**.



**Date:** \_\_\_\_\_



### Trigger Observed

*(What situation or event led to a meltdown or emotional reaction?)*



### Proactive Language Used

*(What positive, solution-focused language did you use to prevent or de-escalate the situation?)*



### Reflective Listening Response

*(How did you validate your child's emotions and encourage communication?)*



### Outcome (Worked Well? Needs Improvement?)

*(What was the result? Did the approach help? What might you change next time?)*



## 💡 Want to Improve Daily Communication with Your Child?

Book a **free 30-minute consultation** to get **personalized guidance** on strengthening communication, emotional regulation, and behavior support.



[Schedule Here](#)

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**Empower • Educate • Elevate**

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Daily reflection leads to **stronger communication and emotional growth**. What small change will you try tomorrow? 📝💡

*Warmly,*

*Tom*