

# Reflective Practice Sheet

Please watch your video recording back **twice** before answering the questions below. This reflection is designed to help you notice what went well and where you might want to focus next time.

**1. When watching the video, what did you notice that went well? (This could be anything, like how happy the child was or how much you enjoyed the interaction.)**

**2. Did you notice yourself using any of the *Chatting Together* ideas during the interaction?**

**3. Can you think of another time in the day or within a routine where you could use the same strategies within an interaction?**

**4. If you could do the video again, what would you focus on doing more of or less of?**

**5. What is one key takeaway or focus you want to carry forward into your practice?**