


3 Simple Questions to Help Assess your Child's Authenticity



Is authenticity a skill your child would benefit from improving? Each child's umbrella looks different depending on the experiences they have had thus far in their lives. Ask your child these three questions to get a better understanding where they are in their development of authenticity. Helping your child with their wellbeing begins with knowing where they are, and this is a great way to start a conversation about authenticity.

1

IS IT EASY FOR YOU TO TELL PEOPLE HOW YOU FEEL?

3

WHEN YOU ARE WITH YOUR FRIENDS, IS IT EASY TO BE YOURSELF?

2

ARE YOU HAPPY WITH THE KIND OF PERSON YOU ARE?

