

From the Experts Parent Reflection

[Dr. Meria Carstarphen](#)

- Dr. Carstarphen said that children need to hear adults say, "You bring gifts and strengths to your school, to your classroom, to this family and because you do that, I believe you can do what you want to do." How many different ways can you think of to reinforce that message with your child? How many other adults in your child's life say similar things?
- If you could measure hope, do you think your child possesses a healthy level of hope? Why or why not?
- How do people in your community provide hope for your child and other children in the community? If you have concerns, are there actions that can be taken to help?