

# How to feel **more connected** with your Growing Up Son

## Review and Reflect Guide

### Film 3 - 7 Steps to Feeling More Connected

After your second viewing of Film 3,  
use this sheet to jot down your thoughts and ideas.

#### A. Key Points

#### B. Think about your son.

Which **behaviour or issues** has this film helped you to understand better?

I now understand ...

C. Which **positive actions** could you take to help you feel more connected to your son?

D. What would you still like to know?