Sometimes, as parents, we forget to listen to our kids and remind them that they know themselves best. Using the Rose, Thorn, Bud method allows our children to open up about their day-to-day experiences and feel heard.

**ROSE**
A highlight, success, small win, or something positive that happened that day.

**THORN**
A challenge your child experienced or something they can use more support with.

**BUD**
New ideas that have blossomed or something they are looking forward to knowing more about or experiencing.