



*“Back In My Arms: Reuniting With Your Kids”*

By Ivana Liversedge

- Do you agree or disagree with Ivana’s statement that one needs to accept responsibility for your mistakes? Do you agree or disagree that she says that in accepting responsibility you can help yourself and your kids heal?
- Why do you think Ivana said that gratitude was the key if others have cared for your child(ren) in your absence?
- Ivana listed four do’s and don’ts. Of the four, which one popped out at you the most? Why?

**Bonus Questions:**

- Ivana talks about how kids need structure in order to control their own behavior. Paragraphs 6-7 discusses this. Considering your own situation, how might her examples of routines, holiday schedules and reuniting with them help you work on a plan with your own kids?
- How do you show respect to your children? Those who cared for your kids? How do you respect yourself?
- If you are due to be reunited with your children, based on this article write down what you want to do before you reunite; as that day arrives; and for the future?

*Reach UP to God: My children are a gift, O God. Help me to be the parent they need and how You want me to be. Prompt me with how to respond and what to do. Open my eyes and my heart to gratitude - help me be grateful.*

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