

# Parent and Child Visit Iceberg

## Parent's Behaviors

**Indifferent**  
**Distant**  
**Remote**

## Child's Behaviors

**Aggressive**  
**Irritable**  
**Tantrums**

### Feelings

Fear  
Hurt  
Frustration  
Overwhelmed  
Insecure  
Anger

### Needs

Reassurance  
Affiliation  
Support  
Child's behavior reframed  
Empowerment  
Recognition of knowledge and strengths

### Strengths

History with child  
Knowledge of child  
Analytical skills  
Previous coping strategies

### Feelings

Angry  
Fearful  
Out of control  
Confused  
Sad  
Overwhelmed

### Needs

Warmth  
Focused Attention  
Sense of control  
Mom to play with child  
To know mom is ok  
Safety

### Strengths

Sense of humor  
Creativity  
Curiosity  
Concern for mom