

Interpersonal Parenting Tips Worksheet

Your full name:

Date submitted:

Your therapist's full name:

Parenting is hard, especially when your kid becomes a teenager. Depending on how things go at home and how you interact with each other, the relationship between you and your child can get strained.

To help avoid such an outcome, or to help you mend the relationship and make it healthier, here are tips that you can consider thinking about:

- Find the right time to talk to your child
- Consider your child's intentions, not the results
- Find the right balance between how you talk and respond to your child
- Practice self-care because you deserve it
- Share positive stories with your child to help maintain and even improve your connection with them

Below is a series of empty boxes with writing prompts related to these tips. Write down your answers based on the prompts. You can even try out your answers and see if they work, then detail them in the boxes.

1. Find the right time to talk to your child.

- If your child is upset or angry, avoid talking about their problems or conflicts, especially if they concern you, until they've cooled down.
- Do note that the way you act and carry yourself will be the model for your child when they grow up.

List down examples of the appropriate times to talk to your child about certain things. Make sure that the time works for both of you. If you are able to talk to your child during an appropriate time that you listed, write how things went as descriptively as you can.

2. Consider your child's intentions, not the results.

- If your child engages in an activity, whether it's a game that they play on their own, with others, or if it's something like taking an exam, and they happen to fail or fall short of expectations they've had for themselves or expectations you've had for them, don't default to criticizing them and pointing out where they went wrong. Instead, praise their efforts.
- Understand that they are struggling and provide them with assurance. You can even show them things that they can do next time without telling them that what they did before was wrong. Constructive criticism can help, especially if given nicely, but at their age, they might not see it that way.

List down examples of when your child might need assurance.

3. Find the right balance between how you talk and respond to your child.

- If you're child is doing something or did something to upset you, more often than not, it's always best to take the high road. If this happens, it's best to use "I feel" statements when talking to your child and do so in a neutral tone, especially if the conversation is emotionally charged.
- Since what parents find upsetting will differ from others. Some parents will find it upsetting that their child failed an exam. Some parents will find it upsetting that their child did something incorrectly. What parents can do is provide suggestions or create situations to help the child succeed.

List down examples of *I feel* statements that are appropriate to the current relationship you have with your child.

4. Practice self-care because you deserve it.

- Parenting is hard, friend. All the more if your child is depressed, anxious, unruly, etc. If your child is like that, they will need more attention, support, praise, and structure.
- Since parenting is a "full-time job," you might forget about yourself and put all your focus on your child and other parental duties like work and domestic matters. It's important that you take the time to take care of yourself, too.

List down examples of how you can better take care of yourself, especially if you are distressed by parenthood and your child.

5. Share positive stories with your child to help maintain and even improve your connection with them.

- Telling stories is a good way to connect with anyone, especially with your kids. Since this worksheet revolves around your relationship with your kid, the kind of stories you should share with them should be positive. Don't talk about your regrets or mistakes early on in their lives.
- The kinds of stories you should share with your kids should help inspire them, instill positivity in them, and subtly teach them how to share stories as a way to establish and maintain connections not just with you, but also others outside your family.

Write down the gist of positive stories you think will help you build and maintain a connection with your child, as well as stories that will instill positivity in them and help them learn to establish relationships.

Adapted from the original worksheet by Dr. Jeremy Stutton in 2021 for Positive Psychology. This is only for therapy, educational, and non-commercial purposes.