

Parenting Worksheet

Name: _____ Date: _____

General instructions: Read each section carefully and complete the exercises thoughtfully. Use this worksheet as a tool for reflection and improvement in your parenting journey.



I. Positive parenting strategies

Objective: To help parents develop effective and positive parenting strategies.

Instructions: Read each scenario, reflect on how you typically respond, and then identify and record positive parenting strategies.

Scenario 1: Your child refuses to eat their vegetables during dinner.

Typical response:

Positive parenting strategies:

- 1.
- 2.
- 3.

Scenario 2: Your teenager wants to go to a party, and you're concerned about their safety.

Typical response:

Positive parenting strategies:

- 1.
- 2.
- 3.

Scenario 3: Your child is reluctant to do their homework and prefers to play video games instead.

Typical response:

Positive parenting strategies:

- 1.
- 2.
- 3.

II. Family values and rules

Objective: To define family values and establish clear family rules.

Instructions: Identify three core family values, then create five rules that reflect these values.

Core family values:

- 1.
- 2.
- 3.

Family rules:

- 1.
- 2.
- 3.
- 4.
- 5.

III. Parent-child quality time

Objective: To plan and schedule quality time with your child.

Instructions: Choose a date, plan an activity, gather what's needed, and ensure your child is excited about it.

Date:

Time:

Planned activity:

Preparations/materials needed:

IV. Parenting self-reflection

Objective: To encourage parents to reflect on their parenting style and areas for improvement.

Instructions: Reflect on recent parenting experiences, including your emotions and reactions. Identify one positive aspect and an area for improvement, then create an action plan.

Recent experience:

Emotions/reactions:

Positive aspect of parenting:

Area for improvement:

Plan for improvement: