

# 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:**