

Parenting Worksheet

Name:

Worksheet 1: Positive Parenting Strategies

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

Instructions: Read the scenario, reflect on your typical parenting response, and identify and record positive parenting strategies.

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

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

Worksheet 2: Family Values and Rules

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

Instructions: Identify three core family values, create five rules that reflect these values, and ensure family members understand and agree to adhere to them through a discussion.

Core Values: Write down three core values that you want your family to uphold.

- 1.

- 2.

- 3.

Family Rules: List five specific family rules that align with these values.

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

Worksheet 3: 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 make sure your child is excited about it.

Date and Time: _____

Activity: _____

Preparations/Materials Needed: _____

Worksheet 4: 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, documenting your reflections and action plan.

Parenting Reflection

Recent Experience: _____

Emotions/Reactions: _____

Positive Aspect of Parenting: _____

Area for Improvement: _____

Plan for Improvement: _____