OSITIVE PARENTING CHECKLIST

As parents, we often have the best intentions, but pressured by stress and our busy schedules we might find it challenging to always parent in a positive way. When the daily duties get the best of us and we lose patience and focus, our interactions with our children might become reactive and can lead to conflict.

Every night before you go to bed, put a check mark in the box that describes your positive parenting behavior. See how many check marks you can get in a week. There are 105 possible points for the week. See if you can get at least 75!

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Encourage healthy sleep, exercise, and eating habits.



Encourage positive choices about the way free time is spent.

Show interest by asking for updates on school activities.

Compliment your kids. Celebrate their efforts and accomplishments, no matter how big or small they seem.

Encourage involvement in

Show affection with kind words.

extracurricular activities.



Show physical affection. Hug and kiss your kids.

Show kindness and compassion when

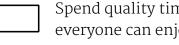
Avoid teasing, yelling, or threatening

your kids face difficult situations.

your children.



Give your children the responsibility and freedom they earned.



Spend quality time together. Do things everyone can enjoy.



Be aware of your own behavior and the examples you're setting.

Help your children learn ways to problem-solve and teach them how to make positive decisions.

Conti
skills
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nuously develop your and knowledge about positive parenting.

Be available for advice and support.

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