

Parenting Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- Examine the following areas. Which are my strengths as a parent?
Which would I like to improve?
 - Positive attitude
 - Staying social
 - Communication
 - Managing stress
 - Managing emotions
 - Guiding behavior

Signed _____ Date _____



*“If you want your children to turn out well, spend twice as much time with them
and half as much money.” – Abigail Van Buren*