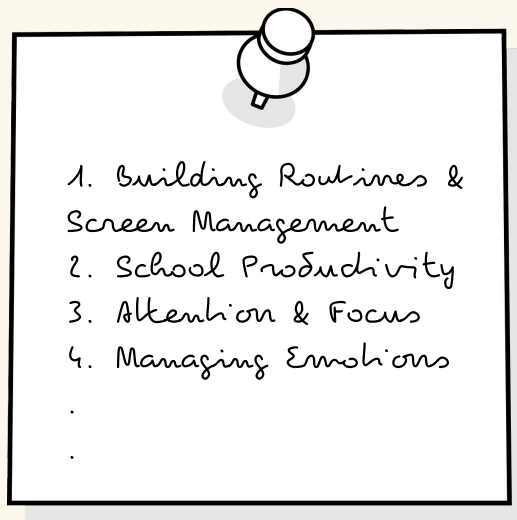


# Action-Taker's Summit

## Workbook



ADHD Parenting Summit 2024

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# Introduction

This workbook is designed to complement the ADHD Parenting Summit masterclasses, offering a structured approach to reflecting on what you've learned, setting goals, and implementing positive changes in your parenting practices.

With each section of the workbook corresponding to a specific day of the summit, you'll have the opportunity to dive deeper into the day's topic, explore your own parenting experiences, and develop personalized action plans tailored to your family's unique needs.

But here's the best part: you don't have to do it all at once.

We understand that parenting is a journey, not a sprint.

That's why the Action-Taker's Summit Workbook is designed to be flexible and adaptable to your schedule.

Take it slowly, at your own pace, and savor the process of growth and discovery.

The goal is to provide a space where your thoughts, plans, and experiences can be recorded, reflected upon, and revisited.


Warmly,

Marko Juhant and the Strategic Parenting Team  
Strategicparenting.com

# 1. Building Routines & Screen Management



# 1. FUN ROUTINES


 **IDENTIFY:** Write down two routines or chores your child finds boring.

- *Routine 1:*


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- *Routine 2:*

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 **BRAINSTORM:** Think about creative ways to make these routines more enjoyable for your child. What kinds of activities or rewards get your child excited?

- Timed challenge
- Earning points or stickers
- Listening to music or podcasts while doing chores
- Competing with a sibling or friend
- Other: \_\_\_\_\_

 **PLAN:** Now that you've come up with ideas, let's figure out how to implement them.

- *How will you introduce these **fun elements into their daily routines?***
- *How will you ensure **the balance between structure and fun** is maintained?*

Write down your plan for adding fun to their routines:

- *Routine 1:*

**Fun addition:**

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**How you'll introduce it:**

- *Routine 2:*

**Fun addition:**

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**How you'll introduce it:**

**Try this...**

**Think of a good reward!** If your child successfully completes the routines for the whole week, what reward will they earn?

## 2. EXPLORE SELF-COMPASSION

**1 2** **3 4** **RATE:** On a scale of 1-5, how kind are you to yourself?

- 1
- 2
- 3
- 4
- 5

**REFLECT:** When you're struggling with a task or goal, take a moment to consider how you speak to yourself.

- Do you tend to be **kind and encouraging**?
- Or are you more likely to be **harsh and critical**?


Write down your thoughts on how your inner dialogue affects your ability to move past challenges:

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 **REFRAME:** Now, imagine you were speaking to a close friend who was going through the same challenge. How might you change your inner dialogue to be more **compassionate** and **supportive**? How would you reframe your self-talk to be more encouraging?

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### Try this...

Encourage everyone in the family to **practice positive self-talk** this week!



### 3. SCREEN-FREE ACTIVITIES

 **BRAINSTORM:** Come up with a list of **screen-free activities** (bonus points if you involve your family in the process!). Think about things like going on a trip, making art, playing board games, or building a fort in the backyard.


Write down everything that sounds fun—even if it’s a bit silly!

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 **PLAN:** Pick one activity to do this week and write it down.

*Activity Name:* \_\_\_\_\_

*Date/Time:* \_\_\_\_\_

*Supplies needed:* \_\_\_\_\_

*Who will help?* \_\_\_\_\_

 **REFLECT:** Write about how the activity went:

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## Try this...

Make it a family challenge to try **one new screen-free** activity each week!

# 4. LEARNING FROM ONLINE EXPERIENCES

**REFLECT:** Think of a couple of moments in your online life where you've **learned something important**. This could be from a mistake, a misunderstanding, or trying something new. These experiences can be great teaching moments for your child.

For example:

- *Maybe you shared something online that you shouldn't have.*
- *Or perhaps a friend fell for a scam, and you learned to be more cautious.*

Write down your personal experiences and make them **real and relatable:**

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**🗣️ DISCUSS:** Sit down with your family and talk about these moments. Write down any new observations. You can ask yourselves:

- *Why is it important to be cautious online?*
- *How can you always keep learning and growing in the digital world?*

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### Try this...

Create a **family rule** about online safety based on what you've learned. Encourage ongoing conversations about safe and smart online behavior.

## 5. THE RIGHT INCENTIVES

 **CONSIDER:** Think about what drives your child to start and complete tasks. This could be things like **rewards, praise, or interests** they are passionate about.

- *Do they need immediate rewards?*
- *Do they respond better to visual cues or praise?*
- *How might these motivators differ from what works for neurotypical children?*


Write down everything that comes to mind—even if it's unconventional!

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 **DISCUSS:** Once you have your list, sit down with your child and discuss these ideas.

- *Which motivators resonate most with them?*
- *Which ones would help them start tasks more effectively?*

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## Try this...

Create a **motivation chart** with your child for the week, tracking what strategies work best. Adjust based on what you both discover!

## 6. SCREEN-TIME IMPACT

 **REFLECT:** Take a moment to think about how screen time affects your **mood** and **emotions**

- *Do you or your children feel any different after using devices?*
- *Do certain apps or activities make you feel **relaxed** and **happy**, while others leave you feeling **stressed** or **frustrated**?*


Write down your thoughts about how different types of screen time make you feel:

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 **DISCUSS:** Talk with your family about these observations. **What are the differences in how each family member feels after using devices?**

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 **PLAN:** Discuss ways to balance screen use better and come up with a plan. What changes can you make to balance screen time in your household?

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**Try this...**

Create a **screen time diary** for the family, where everyone tracks how they feel before and after using devices. Use this information to make small adjustments!

## 7. EDUCATIONAL CONTENT

 **REFLECT:** Take a moment to think about what your child usually does online.


- *Are you happy with what they're watching or playing?*
- *Do you think it could be more beneficial or educational?*
- *Are there any concerns you have about the content they're consuming?*

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 **RESEARCH:** Take some time to explore new options for more educational or positive content. (**Tip:** *Look for websites, apps, or YouTube channels that offer enjoyable ways for children to learn and engage with uplifting messages.*)

Write down the names of these resources, along with a brief description of what they offer and **why you think they'd be beneficial:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_




\* **INTRODUCE:** Once you've compiled your list, take the opportunity to introduce these new options to your child.

### **Try this...**

Set a **weekly "explore hour"** where you try out one new educational or positive content option together. Discuss which ones they enjoy most!

## 8. ADDRESSING MISTAKES

 **REFLECT:** Think about a recent instance where your child made a mistake or faced a problem.


- *Did they forget something important, like an assignment?*
- *Did they miss a chore they were supposed to complete?*

How did you approach the situation when it happened?

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 **REFRAME:** If you find yourself using phrases that might come across as judgmental or critical, try focusing on the **specific situation** with neutral language.

For example:

- Instead of saying, *"You always forget your homework,"* try saying, *"I noticed that the homework wasn't completed."*

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### Try this...

Practice **neutral language** this week when discussing challenges or mistakes. Focus on the specific issue and how to move forward.

## 9. PROCRASTINATION

 **REFLECT:** Think about a recent instance where procrastination seemed to be an issue for your child.

- *Did they delay starting an important project?*
- *Did they put off completing their chores?*


Write down the specific situation where procrastination occurred:

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 **CONSIDER:** What might be causing their procrastination?

- *Are they anxious about failing?*
- *Lacking motivation?*
- *Having trouble staying organized?*

Think about how to address these root causes, not just the delay itself.

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**PLAN:** What practical steps can you take to help your child manage these challenges and become more proactive?

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### Try this...

Set **small, achievable goals with** your child this week to help them tackle tasks bit by bit. Reward progress to keep them motivated!

## 10. SUPPORTING TRANSITIONS

 **REFLECT:** Transitions between activities can be particularly difficult for children with ADHD.

- *Think about when your child struggled to transition from one activity to another.*
- *What were they doing before the transition?*
- *How did they react?*
- *How was the transition managed?*


Describe the situation in detail:

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 **CONSIDER:** What strategies have you used—or could you use—to make transitions smoother?

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**PLAN:** Write down specific steps you can take to ease transitions for your child in the future.

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### Try this...

Try using a **visual schedule or countdown timer** this week to help your child transition between activities more smoothly. Celebrate small wins when transitions are successful!

## 2. Focus, Schoolwork & Productivity



# 1. SPOTTING SCHOOLWORK TROUBLES

 **OBSERVE:** Take a few moments to **become a detective** and observe how your child handles their schoolwork.

- *Do they seem unsure about where to begin?*
- *Do they get overwhelmed or distracted easily?*
- *Maybe they start out with excitement, only to lose steam halfway through?*


Look for patterns in their work habits that reveal where they're struggling, and note down any specific issues you see:

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 **IDENTIFY:** Once you've pinpointed the main challenges, think about **practical ways** to help your child.

- *Could a checklist or planner help them stay organized?*
- *Would breaking larger projects into smaller tasks reduce overwhelm?*
- *Could a reward system motivate them to stay on track?*




Consider how these strategies could fit into their routine and help them manage their workload with less stress.

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 **PLAN: Team up with your child** to create a plan. Write down your best ideas, then talk through them together. Pick one or two strategies to try out.

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### Try this...

Set up a **weekly planning session** where you and your child review upcoming assignments, break them into manageable steps, and track progress together.

## 2. RECOGNISING PERFECTIONISM

 **REFLECT:** Think about a time when your child's perfectionism or strong emotions really stood out.

- *Did they insist on redoing an assignment repeatedly to make it "perfect"?*
- *Did they become upset over a small mistake?*
- *How did this affect their experience?*


Write down your observations:

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 **CONSIDER:** Consider practical ways to support your child in managing these traits more effectively.

- **Encourage effort over perfection:** Celebrate their hard work, not just the result.
- **Help set achievable goals:** Break larger tasks into smaller, manageable steps.
- **Teach calming techniques:** Simple breathing exercises or taking breaks when emotions rise.

Write down any strategies you think could help and how you plan to implement them:

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### Try this...

Create a **“Progress Over Perfection” board**. List ongoing projects or tasks, and use stickers or checkmarks to reward effort and milestones, not just the final outcome.

### 3. BALANCING RESPONSIBILITIES

 **CONSIDER:** Take some time to think about how you currently support your child in managing their schoolwork, hobbies, and free time.

- Do you feel successful in helping them find a balance?
- Is there room for improvement in how you structure their time?


Write down your thoughts on what's working well and areas where you could improve:

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 **IDENTIFY:** To create a more balanced schedule, start by **understanding your child's natural preferences and tendencies.** Reflect on the following questions:

- *Do they work best in short bursts or longer, focused sessions?*
- *Are they more energized in the morning or evening?*
- *What are their favorite hobbies and activities?*
- *Do they have any specific passions they pursue during free time?*

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## Try this...

Create a **weekly schedule** with your child that includes time for **schoolwork, hobbies, and relaxation**. Review it together at the end of the week and adjust as needed based on what worked well and what didn't.

## 4. ORGANIZED STUDY ENVIRONMENT

 **OBSERVE:** Take a moment to think about your child's study habits and preferences.

- *Do they need a quiet space or prefer some background noise?*
- *Do they work better with natural light or in a cozy corner?*
- *What distractions affect their focus?*


Write down your observations:

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 **PLAN:** Create a **simple plan** to set up their study area in a way that meets their needs.

- What's the first step you'll take to improve their space?
- How will you involve your child in setting up or organizing the space?
- Do you need any tools, accessories, or furniture?

Outline your plan here:

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### Try this...

Set up the **study space together with your child!** Make it a fun project by letting them personalize their space—whether that’s adding posters, picking out new stationery, or choosing a favorite study chair.

## 5. ENCOURAGING INDEPENDENCE

 **REFLECT:** Think about a recent time when you did something for your child that **they could have done themselves**.

- *Did you write a note to their teacher?*
- *Complete a school project for them?*
- *Organize their backpack?*


Write down the task you stepped in to handle:

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 **PLAN:** Write down specific steps you can take to help your child become more independent while still offering support when needed.

- *How can you gradually transfer responsibility to them?*
- *Which tasks could they start taking over?*
- *How will you provide guidance without taking over?*

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## Try this...

**Create an “Independence Chart”** for your child, listing daily or weekly tasks they can manage on their own. Review their progress and offer encouragement as they take on more responsibility!

## 6. MANAGING OVERWHELM

### REFLECT:

#### What causes overwhelm in your child?

- Multiple deadlines at once
- Getting stuck in one activity too long
- Not knowing where to start
- Other: \_\_\_\_\_

#### How does your child typically react to overwhelm?

- Stress and frustration
- Ignoring other responsibilities
- Procrastination
- Withdrawal from tasks
- Other: \_\_\_\_\_



**PLAN:** Based on your questionnaire, outline three steps you can take to help your child balance their responsibilities:

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## Try this...

Create a **weekly visual to-do list** with your child to break tasks into manageable pieces. Add deadlines and fun time slots for hobbies. At the end of the week, review how well the plan worked and adjust together!

## 7. RETHINKING EXPECTATIONS

 **REFLECT:** Think about a time when you envisioned a specific path for your child—whether it was joining a sports team, excelling in academics, or being more social—and their reality didn't quite match that vision.

- *What was the situation?*
- *How did it impact your relationship and communication with your child?*

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 **FILL IN THE BLANKS:**

- I expected my child to \_\_\_\_\_.
- But instead, they \_\_\_\_\_.
- This made me feel \_\_\_\_\_, and it made my child feel \_\_\_\_\_.


 **CONSIDER:** Do you feel your expectations are shaping your relationship with your child positively or negatively?

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 **PLAN:** Now, let's pivot. How can you adjust your expectations to **support your child's unique interests and strengths** instead of focusing on what you had envisioned?

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### Try this...

Sit down with your child and ask them to **share their top 3 favorite activities.**

## 8. COMMUNICATING WITH TEACHERS

 **REFLECT:** Think about how you can effectively advocate for your child's needs with their teachers, especially if they have **trouble with attention span** or **managing their time**.


- *Does your child face specific difficulties like keeping up with deadlines, completing long assignments, or managing multiple tasks at once?*
- *Are there certain times of day where their focus wanes?*

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 **PREPARE:** To address these needs, schedule a meeting with your child's teacher(s).

- **Be prepared to discuss** *specific examples of where your child struggles.*
- **Bring your suggestions** *for accommodations or modifications.*

What examples will you share?

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Which accommodations do you think would help?

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### Try this...

Before the meeting, sit down with your child to **get their input**. Ask them how they feel about their current workload and whether they think the suggested accommodations would help.

## 9. HANDLING FRUSTRATION

 **CONSIDER:** How does your child react when they encounter stress or frustration related to schoolwork?

- *Do they become easily frustrated with challenging assignments?*
- *Are they anxious about upcoming tests?*


Describe a moment when you saw your child's emotions affect their schoolwork:

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 **IDENTIFY:** What might help your child manage stress during schoolwork?

- Take short breaks during study sessions.
- Practice deep breathing exercises before or during challenging tasks
- Use positive affirmations for encouragement
- Create a distraction-free study zone
- Other: \_\_\_\_\_





**PLAN:** Now, work with your child to create a plan that involves these strategies.

- *How will you create a supportive environment where they feel comfortable expressing their frustrations?*
- *What tools or techniques can you introduce to help them cope with school-related stress?*

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### Try this...

Introduce a "**Calm Corner**" in your home—a dedicated space where your child can go to decompress during study sessions. Equip it with comfortable seating, calming visuals, or even a stress ball.

## 10. BOOST THEIR MOTIVATION

 **REFLECT:** Think about how your child approaches their schoolwork and daily tasks.

- *Do they seem uninterested or unmotivated?*
- *Do they view homework as a chore rather than a chance to learn something new?*
- *Are they putting in minimal effort because they struggle to see the purpose in their assignments?*

Write down specific examples where you've noticed **a lack of motivation** or engagement:

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### **BRAINSTORM:**

Now, think about ways to make schoolwork more interesting or fun. Here are some ideas to get started:

- *If they love video games, ask them to write a story about their favorite game character, or turn a math problem into a game.*
- *Offer small rewards like extra screen time or a treat for completing tasks with effort.*
- *Build short, enjoyable breaks into their study routine to prevent schoolwork from feeling overwhelming.*

List your child's interests and think of ways to **connect these to their assignments.**

- *Interest 1:* \_\_\_\_\_
- *How it can be connected:* \_\_\_\_\_
- *Interest 2:* \_\_\_\_\_
- *How it can be connected:* \_\_\_\_\_


### **Try this...**

**Make homework feel like an adventure!** Set up a reward system where your child earns points or tokens for completing assignments with effort.

# 3. Managing Emotions & Handling Tantrums



# 1. UNDERSTANDING TRIGGERS

 **REFLECT:** Think about the last few times your child had a significant tantrum or meltdown.

- *What was happening **just before** they got upset?*
- *Was there a specific trigger that seemed to **set them off**?*
- *Was it due to a **change in their routine, a certain place, or an interaction with someone**?*

For example:


- *Did they have a hard time after a playdate?*
- *Did a change in their schedule make things difficult?*

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 **PLAN:** For each trigger you've identified, think about practical steps you can take to manage or reduce its impact. Identify a trigger and brainstorm a strategy to reduce its impact:


- **Trigger 1:** \_\_\_\_\_
- **Strategy:** \_\_\_\_\_

- **Trigger 2:** \_\_\_\_\_
- **Strategy:** \_\_\_\_\_
  
- **Trigger 3:** \_\_\_\_\_
- **Strategy:** \_\_\_\_\_

## Try this...

**Practice low-stress transitions** with your child ahead of time. If you know a schedule change is coming, walk them through it calmly, or role-play new scenarios together to help them feel more in control when the real situation happens.

## 2. SETTING BOUNDARIES

 **REFLECT:** Think about the last time you set a boundary or said “no” to your child.

- *How did you explain your decision?*
- *Did you simply state the rule, or did you take time to explain the reason behind it?*


Write down a recent situation where you set a boundary and how you said it:

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 **BRAINSTORM:** Now, think about how you can **improve the way you explain boundaries to your child.**

- *Could you use a gentler tone?*
- *Could you try acknowledging their feelings before enforcing the rule?*
- *Would it help to give them a clear, understandable reason for the boundary?*

For example:

- Instead of saying, “No more snacks!”
- You could try saying, “We can’t have snacks right now because it’s almost dinner time. How about we save the snack for after dinner?”

Write down a boundary you've set recently and try **rephrasing** it using a clearer explanation:

- **Original boundary:** \_\_\_\_\_

- **Rephrased boundary:** \_\_\_\_\_

- **Original boundary:** \_\_\_\_\_


- **Rephrased boundary:** \_\_\_\_\_

### Try this...

Next time you set a boundary, explain the reason behind it in a way your child can understand. Acknowledge their **feelings first**, then **state the boundary** calmly.



### 3. BEHAVIOR AS COMMUNICATION

 **REFLECT:** Think about a recent time when your child displayed challenging behavior, like having a tantrum or refusing to follow directions.

- *What do you think might have been driving this behavior?*
- *Were they feeling overwhelmed, frustrated, or in need of more attention?*


Write down the situation and what emotions or needs you think were behind your child's behavior:

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 **PLAN:** Once you've reflected on what might have been driving your child's behavior, think about **how you might handle the situation differently next time.**

- *Could offering comforting words or a hug help if they were overwhelmed?*
- *If frustration was the issue, would giving them more choices or some control over their tasks help them feel less stressed?*

Write down specific strategies for addressing your child's emotional needs when challenging behavior arises:

- If my child is overwhelmed, I will:

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- If my child is frustrated, I will:

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- If my child is seeking attention, I will:


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## Try this...

Next time your child displays challenging behavior, try **asking them how they feel** before responding. Use phrases like *"It seems like you're feeling upset—do you want to talk about it?"*

## 4. MODELING GROWTH

 **REFLECT:** Think about the last time you made a mistake. Did you hide it, shrug it off, or talk openly about it?


- *Do you share your mistakes with your child?*
- *Do you explain how you feel when things go wrong and what steps you take to fix them?*

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 **EXERCISE:** The next time something goes wrong, try narrating your thought process to your child. Instead of simply fixing it, **talk about what's happening.**

Rephrase this to model:

- Instead of: *"I messed up."*
- Try: *"I was making dinner last night and forgot an ingredient. I said to myself, 'Oops, I missed that. But I can still make this work by adding it now.'*

**Challenge:** For the next 3 days, each time something doesn't go as planned, **talk it out** with your child. Write one example of how you did this:

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### Try this...


Each night this week, have a **"Mistake of the Day"** conversation where both you and your child share a mistake you made that day, and what you learned from it.

## 5. MANAGING EMOTIONAL REACTIONS

 **REFLECT:** Think about a time when your child's strong feelings—whether it was anger, frustration, or sadness—triggered a **strong emotional reaction** in you.

What affected your emotional reaction the most?

- Your child's tone or volume
- Their refusal to listen or cooperate
- Feeling overwhelmed by the situation
- Your own stress or tiredness
- Other: \_\_\_\_\_

 **LEARN:** To manage these situations better in the future, it helps to understand how emotions and brain function work for both you and your child.

- **The Science:** When your child experiences big emotions, the brain's amygdala (the emotional center) takes over, making it hard for them to think logically. The same thing can happen to you!
- **Why it Matters:** Recognizing that both of you have emotional responses that might be out of control in the moment can help you step back and remain calm.



**PLAN:** Use this space to reflect on how you can respond more **empathetically** and **constructively** in the future:


What techniques will you use next time your child's emotions trigger a reaction in you?

- *Technique 1:* \_\_\_\_\_
- *Technique 2:* \_\_\_\_\_
- *Technique 3:* \_\_\_\_\_

### Try this...

Practice **emotional regulation** with your child! Next time your child is upset, model deep breathing together. Say something like, "*Let's take 3 deep breaths together so we can both calm down.*" This helps both you and your child stay centered.

## 6. GRADUAL RESPONSIBILITY

 **REFLECT:** Think about ways you can start giving your child more independence and responsibility, even if they're not fully ready yet.


- *Has your child shown signs of responsibility but still needs guidance?*
- *What small decisions or tasks could you let them handle?*

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 **BRAINSTORM:** Write down current opportunities where you can give your child more responsibility:

**Responsibility 1:** \_\_\_\_\_

**Responsibility 2:** \_\_\_\_\_

**Responsibility 3:** \_\_\_\_\_

 **CONSIDER:** Think about how giving your child more independence can help them grow. How might these small responsibilities make them feel more capable and confident?

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### Try this...

Together, choose one responsibility for your child to manage this week—whether it's planning their after-school routine or keeping track of their homework. Encourage them to check in with you if they need help but give them **the freedom to make decisions.**



## 7. POSITIVE REINFORCEMENT

 **ANSWER:** Which methods do you currently use for positive reinforcement?

- Verbal praise ("Good job!")
- Small rewards (stickers, treats)
- Acknowledging effort ("You worked really hard on that!")
- Special privileges (extra playtime, screen time)
- Other: \_\_\_\_\_


Does it motivate them to keep up the good work?

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 **CONSIDER:** Now, let's think about how you can **make your praise and rewards even more effective.**

- **Could you give more specific praise?** For example, instead of saying, "Good job," you could say, **"I really like how you organized your homework tonight."**
- **Would new rewards motivate your child more?** You could try introducing **special outings** or **extra screen time** for achieving bigger goals.


Take one of your recent compliments and rephrase it to be more specific:

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 **BRAINSTORM:** It's important to keep rewards fresh and exciting! Think of ways to introduce **new types of rewards** that your child would enjoy. These can help keep them motivated and make the effort feel worthwhile.

- **Reward Idea 1:**

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- **Reward Idea 2:**

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- **Reward Idea 3:**

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## Try this...

Create a "**Good Job Jar**" with your child! Each time they complete a task or exhibit great behavior, add a note with specific praise into the jar.

## 8. BUILDING RESILIENCE

 **REFLECT:** Think about a recent time when your child faced a challenge, like struggling with a tough homework assignment or learning a new skill.

- **How did you respond?** *Did you jump in immediately to help? Did you give them space to figure it out on their own?*
- **What was your child's reaction to your approach?** *Did they become dependent on your help, or did they show signs of perseverance?*


Write down your response and how your child reacted:

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 **EXERCISE:** Next time your child is struggling, practice waiting for 5 minutes before stepping in to help. During that time, ask yourself:

- *Do they seem capable of figuring it out with a little more time?*
- *Would they benefit from a small prompt or hint rather than direct help?*

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 **CONSIDER:** Think about your own experiences with challenges. Have you faced any difficult tasks recently? What strategies did you use to overcome them?

Share your own experiences with your child and explain how you worked through the difficulties:

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### Try this...

Record **one challenge** per week. Write down how you approached the problem and what you learned from it.

## 9. CORE VALUES

 **REFLECT:** Write down 3-4 core values that guide your parenting:

- **Core Value 1:** \_\_\_\_\_
- **Core Value 2:** \_\_\_\_\_
- **Core Value 3:** \_\_\_\_\_
- **Core Value 4:** \_\_\_\_\_

 **IDENTIFY:** Let's put your core values into practice. Identify a few everyday situations where sticking to these values could make a difference:

- **Scenario 1:**
  - Value: **Kindness**
  - Application: Instead of reacting harshly when your child makes a mistake, you might say, *"It's okay to make mistakes; let's talk about what we can learn from this."*
- **Scenario 2:**
  - Value: **Respect**
  - Application: During a disagreement, you could say, *"I understand you're upset, and I respect your feelings. Let's find a way to talk about this calmly."*

Write down specific situations in your daily life where you can focus on using these values:

**Situation 1:** \_\_\_\_\_

- *Value:* \_\_\_\_\_
- *How you will apply it:* \_\_\_\_\_

**Situation 2:** \_\_\_\_\_

- *Value:* \_\_\_\_\_
- *How you will apply it:* \_\_\_\_\_

### Try this...

Work with your child to create a **visual board** that lists your family's core values—like respect, kindness, and honesty. Hang it in a common area to remind everyone of the guiding principles you want to live by.

## 10. ENCOURAGING POSITIVE MOMENTS

**REFLECT:** Think about recent situations where your child was in a **good mood** or demonstrated **positive behavior**.

- *Was it during a family outing, a special event, or a fun activity at home?*
- *What made these moments so enjoyable or successful?*

Consider these factors:

- **Environment:** Were you at home, outdoors, or somewhere new?
- **People:** Who was involved—family, friends, or just you and your child?
- **Activities:** What was your child doing that made them happy or engaged?
- **Timing:** Did it happen on a weekend or during a time when your child was feeling relaxed?

Write down specific moments and what contributed to your child's happiness:

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**PLAN:** Write down a plan for how you'll include some of these positive elements into your regular schedule:

- **Positive Element 1:**

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- **How you can recreate it:**

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*(Example: If your child enjoyed exploring nature, plan a weekend hike or park visit.)*

- **Positive Element 2:**

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- **How you can recreate it:**

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*(Example: If they thrived during one-on-one time, schedule a weekly "Parent-Child Date.")*

## Try this...

Sit down with your child and make a list of their favorite activities and positive moments from the past few weeks. Together, plan one fun activity each week to keep the joy going.





Strategic  
Parenting