

Parenting Worksheet

Name: _____ Date: _____ dd / mm / yyyy

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:

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

Typical response:

Positive parenting strategies:

Scenario 3: Your child is reluctant to do their homework and prefers to play video games instead.

Typical response:

Positive parenting strategies:

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:

Family rules:

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: _____ dd / mm / yyyy 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: