Parent-Child Relationship

1. What are some activities that my child and I enjoy doing together:
2. My strengths and challenges as a parent in investing myself in my parent-child relationship:

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| My strengths as a parent: | Some of my challenges: |
| E.g.: I thank my child whenever they help me to complete a task. | E.g.: I spend little one-on-one time with my child. |
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**I prioritize one or two challenges starting today** (e.g.: Spend 10 minutes every night one-on-one to discuss their day and play with them):

3- When I talk about an issue with my child (communication):

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| I easily manage to: | I find it difficult to: |
| E.g.: Wait for them to become available to speak to them. | E.g.: Validate their feelings because I am disappointed with their behaviour. |
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**I have a goal to work on to improve our communication** (e.g.: taking time to calm down before coming back to him):

I KEEP SOME TIME FOR MYSELF.

I SET MY AGENDA TO PURSUE THE PARENTAL PATHWAY!