

As a reminder, this group is designed to help provide support and create a positive parenting experience. We will use the principles of ACT (Acceptance and Commitment Therapy) to guide us throughout the sessions. These worksheets are for your eyes only!

**Questions:**

Answer the following questions to the best of your ability. Some may be difficult to answer. Try your best to be honest about what is currently happening, and not what you want to happen.

**When your child does something that you don't like, how do you typically respond?**

**When you do something that your child doesn't like, how does your child typically respond?**

**When something bothers you at work or at home (not with your child), how do you handle it?**

**When a friend upsets you, how do you respond to that person?**

**What do you do if someone cuts you off in traffic?**

**Do you ever have a bad day? If so, what do you do?**

**When was the last time you apologized to your child for something that you did?**

**When you apologized, were you sincere (do you think your child believed you)?**

**How difficult was it to apologize to them?**

**What made it difficult or not difficult to apologize to your child?**

**When you apologize, do you ever then state why you reacted the way that you did? (e.g., “I’m sorry that I did..., but you did...”)**

**When was the last time someone apologized to you?**

**Did you feel their apology was sincere? Why or why not?**

**How did you accept (or not accept) their apology?**

**Do you ever recall past events that your child has done to your child (e.g., “But what about that time when you...”)?**

**When was the last time that you did an activity that was solely your child's choice? What was the activity? How long did it last?**

**How many times per week do you do child-led activities?**

**When your child says that they don't like something, what do you typically do?**

**When you don't like something, what do you typically do?**

**What is the last thing you say to your child before they leave for school?**

**What is the first thing you say to your child when you see them?**

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**The last time that you told your child you were proud of them or what they had done, what was it that made you proud?**

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**What does belonging mean to you?**

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**Do you feel like you belong to a group or friends or family?**

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**How do you show your child that they belong in the family?**

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**When you need a break or to recharge as a caregiver, what do you do?**

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**When your child needs a break or to recharge, what do they do?**

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**Action Items:**

This isn't all doom and gloom. I promise that everyone is doing an amazing job, and that kids really have high expectations of parents! There are little things that we can do to help our kids feel like their core yearning to belong is being met.

Select a Day(s) Next Week:	What you want to do...	What you did...
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	<b>Meal Choice</b>	
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	<b>Activity Choices</b>	
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	<b>Praise Delivered</b>	
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	<b>Show Belonging</b>	

**Some Take-Aways:**

- It's ok to lower your expectations of your kids
- Nothing is 100%
- When you feel like you're failing, take a break
- When you have overreacted or made a mistake, acknowledge it and apologize
- Accept any and all apologies, without strings
- It's ok to praise your child and then your child does not respond positively. KEEP PRAISING
- Our tone of voice and body language are often more important than what we say