

# Parenting Workbook

Let go of perfectionism and focus on positive, healthy relationships with your kids through goal-setting, emotional exploration, and self-care.

- Redefining “Good” Parenting
- SMART Parenting Goals
- Identifying Parenting Triggers
- Plus 4 More Helpful Worksheets



# Parenting Workbook

Being a parent is one of life's most rewarding experiences, but it also comes with its fair share of challenges. Often, parents put unnecessary pressure on themselves to be "perfect," which can lead to frustration, guilt, and stress. The truth is, no parent is perfect, and that's okay! Being a **good** parent means being present, loving, and doing your best—even when things don't go as planned.

**This workbook is designed to guide you through the process of embracing imperfection and focusing on what really matters: building strong, healthy relationships with your children.** Through these worksheets, you'll learn practical strategies for handling common parenting challenges and setting realistic goals for yourself and your family.

Here is a brief introduction to each worksheet included in this package:

## Redefining "Good" Parenting

This worksheet helps you move away from the pressure to be a perfect parent by identifying what being a good parent means to you, based on your unique values and family dynamics. It encourages self-compassion and allows you to embrace imperfection in your parenting journey.

## SMART Parenting Goals

This worksheet guides you in setting Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals for your parenting. It helps you break down larger goals into actionable steps, making progress more manageable and less overwhelming.

## Identifying Parenting Triggers

By pinpointing the situations or behaviors that trigger stress or frustration in your parenting, this worksheet helps you develop awareness and create strategies to manage those emotions more effectively. Recognizing triggers allows you to respond with greater patience and calmness.

## Self-Care Inventory

This worksheet helps you assess your current self-care practices and identify areas where you could prioritize your own well-being. Taking care of yourself is crucial to being a more present and emotionally balanced parent.

## Encouraging Emotional Expression

This worksheet provides tools for fostering open conversations with your child about their emotions, helping them identify and express their feelings in healthy ways. It strengthens your emotional connection with your child and builds emotional intelligence.

## Setting Healthy Boundaries

This worksheet helps you establish clear and respectful boundaries with your child, ensuring that expectations are communicated effectively. Setting boundaries creates a healthy, structured environment that fosters mutual respect.

## Practicing Gratitude

This worksheet encourages you to reflect on positive aspects of your parenting and daily life by practicing gratitude. Focusing on the good can help shift your mindset, increase resilience, and improve your overall well-being as a parent.

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Redefining “Good” Parenting

Parenting is a deeply personal journey, often shaped by societal expectations, family traditions, and personal beliefs. The idea of being a “good” parent can create pressure and self-doubt, especially when trying to meet unrealistic standards. This worksheet is designed to help you redefine what “good” parenting means to you—based on your values, your child’s needs, and your unique family dynamics.

## STEP 1: Identifying Expectations

Start by reflecting on some of the expectations you’ve held about being a “good” parent. These might be internal (self-imposed) or external (from family, friends, or society).

### Reflection Questions:

- What are some things you believe a “good” parent must always do?
- Where did these beliefs come from (e.g., your upbringing, media, etc.)?
- Which of these expectations feel overwhelming or unachievable?

Write down 2-3 expectations you’ve identified in your own life:

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# Redefining “Good” Parenting

## STEP 2: Reflect on Your Values

To redefine “good” parenting, it’s important to reflect on your personal values and what truly matters to you as a parent. Values help guide behavior and set priorities. Read through the values below to identify important guides for your parenting.

### Kindness

**I want to be a parent who models compassion and empathy.**

I can show kindness through my actions, even when I’m upset, by treating my child with respect, listening when they have concerns, and helping them see the value of kindness in their interactions.

### Independence

**I want to encourage my child to make their own decisions and develop problem-solving skills.**

I will allow my child to take risks, make mistakes, and learn from them, rather than stepping in to solve every problem for them.

### Honesty

**I want to be open and truthful with my child so they feel safe being honest with me.**

I’ll model honesty by being transparent about my own feelings and mistakes, and by encouraging open dialogue, even when the truth is difficult to share.

### Resilience

**I want to help my child develop emotional resilience and the ability to handle life’s challenges.**

Instead of shielding my child from all adversity, I’ll support them through difficult times, helping them build coping skills and learn how to bounce back after setbacks.

### Courage

**I want to encourage my child to be brave and stand up for what they believe is right.**

I’ll model courage by facing my own fears, discussing tough situations openly, and encouraging my child to express their feelings and opinions, even when they go against the norm.

### Curiosity

**I want to nurture my child’s natural curiosity and encourage them to explore the world.**

I’ll provide opportunities for my child to explore their interests. I’ll encourage questions, exploration, and creativity in their learning process.

### Patience

**I want to model patience and teach my child the importance of taking time to understand situations.**

I’ll practice patience in my own responses, showing my child how to approach frustration with calmness and understanding, even when things don’t go as planned.

### Gratitude

**I want to raise a child who appreciates what they have and expresses gratitude.**

I’ll make a habit of practicing gratitude, like reflecting on positive moments at the end of each day, and encourage my child to recognize the good things in their life.

### Respect

**I want to teach my child the importance of respecting themselves and others.**

I’ll model respect in my interactions with others, especially when we disagree. I’ll also show respect for my child’s autonomy and boundaries, helping them understand the importance of mutual respect.

### Self-Compassion

**I want to teach my child to be kind to themselves and not expect perfection.**

I’ll model self-compassion by acknowledging my own mistakes and showing my child that it’s okay to not be perfect. I’ll encourage them to treat themselves with kindness rather than self-criticism.

### Flexibility

**I want to be adaptable and open to change, especially as my child grows and their needs evolve.**

I’ll adjust my expectations, knowing that every stage of my child’s development requires different approaches. I won’t rigidly adhere to societal timelines or milestones.

### Balance

**I want to teach my child that it’s important to balance their responsibilities and their well-being.**

I’ll demonstrate the importance of work-life balance by prioritizing both family time and self-care. I’ll teach my child that it’s okay to rest and that productivity isn’t the only measure of success.

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# Redefining “Good” Parenting

### Reflection Questions:

- What values do you want to instill in your children (e.g., kindness, independence, honesty)?
- What kind of parent do you want to be based on your values?
- Instead of feeling pressure to meet other people's ideas of “good” parenting, how can you make parenting choices that align with your values?

**List 5-6 core values that you want to guide your parenting:**

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# Redefining “Good” Parenting

## STEP 3: Define Your Version of “Good” Parenting

Using the expectations you’ve released and the values you’ve identified, begin to craft your own definition of what it means to be a “good” parent. Focus on the qualities that align with your values and what’s achievable for you and your family.

### Reflection Questions:

- What does being a “good” parent look like in your day-to-day life?
- How can you focus on progress, not perfection, as a parent?

Write your new definition of a “good” parent in as much detail as possible:

*A good parent is someone who...*

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# SMART Goals

This worksheet is designed to help you set small, realistic goals for yourself and your family using the SMART Goals method. **By focusing on specific, achievable steps, you can relieve the pressure of perfectionism and shift your mindset to progress over perfection.** The SMART approach will help you break down your goals into clear, actionable steps, making it easier to stay on track and celebrate your progress along the way.

# S

Specific

**What is your goal?** Avoid vague goal like "I want to spend more time with my kids," narrow it down to something tangible and actionable.

*Example page: I want to spend 30 minutes of focused, uninterrupted playtime with my child every day after dinner, without distractions like my phone or household chores. I will choose an activity that we can all enjoy, like playing a board game, doing a puzzle, or simply talking about their day.*

# M

Measurable

**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.

*"I will keep a log of our daily playtime sessions, noting down the activities we did and how long we spent together. I will aim to spend at least 30 minutes of uninterrupted time with them five days a week. My measure of success will be when I've consistently reached this goal for four weeks.*

# A

Achievable

**Is your goal achievable?** Consider what might make this goal difficult and plan how you can overcome those challenges.

*I will prepare for playtime by planning simple activities ahead of time, like picking out a game or laying out craft supplies. I will also communicate with my partner and involve them in household responsibilities during this time so I'm not distracted. If unexpected events arise, like work running late or family obligations, I'll be flexible and adjust the timing to make it work, but I'll ensure the playtime happens on another day within the week."*

# R

Relevant

**Does this goal align with your broader values?** Ensure that your goal is connected to the kind of relationship you want to foster with your children.

*I believe that bonding during playtime helps my child feel loved, understood, and emotionally supported. This goal is relevant because I've noticed that lately, our time together has felt rushed due to work and household duties, and I want to change that by prioritizing consistent, meaningful interactions.*

# T

Time-Bound

**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal.

*I will commit to this goal of 30 minutes of uninterrupted playtime for the next 4 weeks, starting today. At the end of each week, I'll reflect on how it went and note any adjustments needed to improve the experience. After the 4 weeks, I will reassess whether this routine has helped me build stronger connections with my children.*

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# SMART Goals

**S****Specific**

**What is your goal?** Avoid vague goal like "I want to spend more time with my kids," narrow it down to something tangible and actionable.

**M****Measurable**

**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.

**A****Achievable**

**Is your goal achievable?** Consider what might make this goal difficult and plan how you can overcome those challenges.

**R****Relevant**

**Does this goal align with your broader values?** Ensure that your goal is connected to the kind of relationship you want to foster with your children.

**T****Time-Bound**

**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal.

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# SMART Goals

## Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

## Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

## Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

## Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

**What obstacles have I encountered, and how have I handled them?**

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**What progress have I made so far? What am I proud of?**

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**What support or resources might help me continue making progress?**

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# Identifying Your Triggers

Understanding what sets off your frustration is a key part of handling those tough parenting moments before they escalate. Whether it's a chaotic morning, a tantrum, or just feeling stretched too thin, frustration can sneak up on you, making it harder to stay calm and patient with your kids. These triggers might come from the outside—like a stressful day or a disagreement with your child—or from inside, such as feeling overwhelmed, tired, or guilty.

**By noticing when your frustration starts to build—paying attention to the thoughts, emotions, and physical signs that come with it—you can catch yourself before things spiral.** This gives you the chance to manage your reactions in a healthier way, which helps you stay more grounded and respond to your kids with the calm and patience they need, even when parenting feels overwhelming.

## PART 1: Identify Triggers

List a situation where you find yourself becoming frustrated at your child and describe the related physical sensations, thoughts, and emotions. (Example page.)

### Situation Description

*Example: Sammy refuses to do his homework despite multiple reminders.*

### Location

*Home*

### People Involved

*Myself and Sammy*

### Before

#### 1 What were you feeling physically?

*Tension in my chest, clenched jaw, tightness in my stomach.*

#### 2 What were you thinking about?

- "Why doesn't Sammy ever listen to me?"
- "I've asked him so many times, and he still not doing it!"

#### 3 How did you feel emotionally?

*Frustration, impatience, feeling overwhelmed and powerless.*

### After

#### 1 What were you feeling physically?

*My head is pounding, shoulders feel tense, and there's a knot in my stomach.*

#### 2 What thoughts did you have?

- "I shouldn't have yelled; I'm a terrible parent."
- "I keep messing this up; Sammy is going to hate me."

#### 3 How did you feel emotionally?

*I feel guilt, regret, and sadness for losing my temper.*

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# Identifying Your Triggers

Situation Description	Location	People Involved
<div>Before</div> <div>After</div>		
<div>1 What were you feeling physically?</div>	<div>1 What were you feeling physically?</div>	
<div>2 What were you thinking about?</div>	<div>2 What thoughts did you have?</div>	
<div>3 How did you feel emotionally?</div>	<div>3 How did you feel emotionally?</div>	
<div>Situation Description</div> <div>Location</div> <div>People Involved</div>		
<div>Before</div> <div>After</div>		
<div>1 What were you feeling physically?</div>	<div>1 What were you feeling physically?</div>	
<div>2 What were you thinking about?</div>	<div>2 What thoughts did you have?</div>	
<div>3 How did you feel emotionally?</div>	<div>3 How did you feel emotionally?</div>	

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# Identifying Your Triggers

## PART 2: Identify Patterns

Identifying patterns in the situations that lead to lashing out at your child can help you recognize these triggers more easily in the future.

What situations most often lead to you becoming upset with your kid(s)?

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How do you feel physically and emotionally right before you become upset?

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What types of thoughts do you often find yourself having right before you become upset?

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What beliefs about yourself come up when you become upset at your kid(s)?

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# Identifying Your Triggers

What would you like to say to yourself when you notice you're about to become upset?

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How could understanding your triggers help you respond differently in the future?

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## PART 3: Develop Coping Strategies

Identify coping strategies that can help you from lashing out at your child in these situations. To learn more about coping skills you can use, scan the QR code below.

- When you feel the urge to lash out, pause and ask yourself if your reaction is based on the present situation or if it's influenced by past frustrations or assumptions. Consider if lashing out will help or harm the situation and think about a more effective way to communicate.
- Treat yourself with the same compassion you would offer a friend who is struggling. Remind yourself that parenting is hard and that it's okay to make mistakes.
- Replace the urge to lash out with positive affirmations, like "I am capable of handling this calmly" or "I am learning and growing as a parent every day."
- Avoid comparing your parenting style or your child's behavior to others, especially on social media. Focus on your unique journey and the positive aspects of your relationship with your kids.

- Make a list of your parenting strengths, such as patience, creativity, or the ability to connect with your kids. Review this list when you feel frustrated to remind yourself that you have the skills to handle difficult moments without lashing out.
- Keep a journal to write down the situations that trigger your lashing out and analyze what led up to those moments. This practice can help you identify patterns and develop alternative strategies for managing these triggers in the future.
- Regularly reflect on the things you are grateful for in your parenting experience, like small moments of connection or the things you love about your kids. Focusing on gratitude can help shift your mindset from frustration to appreciation.
- Engage in self-care activities or hobbies you enjoy to help reduce stress and recharge. Taking care of yourself can help you stay calm and patient when challenges arise.

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# Self-Care Inventory

Self-care is more than just a personal routine—it's a crucial part of being the kind of parent you want to be. **When you prioritize your well-being through activities that nurture your mind and body, you help yourself stay calm and centered, even during challenging parenting moments.** Simple practices like taking a few deep breaths, enjoying a quiet cup of tea, or spending time outdoors can help you recharge, making it easier to respond to your kids with patience and understanding rather than frustration and yelling.

This worksheet will guide you in exploring various self-care activities that can help reduce yelling and foster a more peaceful home environment. You'll rank each activity on a scale from 1-3 to see how well you're currently engaging in them and then highlight the ones you'd like to do more often. The aim is to help you recognize how self-care can increase your patience and resilience, identify the areas where you're already thriving, and find new ways to support yourself so you can parent with kindness and compassion.

## Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

## 1 2 3 ★ Physical Self-Care: Improving your physical health.

- |                          |                          |                          |                          |                                                                                               |
|--------------------------|--------------------------|--------------------------|--------------------------|-----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Engaging in regular physical activity such as walking, running, yoga, or strength training.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensuring you get enough restful sleep each night to rejuvenate your body.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Drinking enough water throughout the day to stay hydrated.                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.             |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Attending regular check-ups and following medical advice from healthcare professionals.       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Taking time to relax and unwind, through activities like taking a bath and getting a massage. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Limiting or avoiding the use of alcohol, tobacco, and other substances.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Paying attention to your body's needs, such as stretching when tense or resting when tired.   |

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# Self-Care Inventory

1 2 3



## Emotional Self-Care: Processing & expressing your emotions.

☐ ☐ ☐
☐

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

☐ ☐ ☐
☐

Spending time with friends and family to build support and reduce feelings of isolation.

☐ ☐ ☐
☐

Practicing mindfulness to stay present and manage negative thoughts.

☐ ☐ ☐
☐

Writing down thoughts and feelings to process emotions and gain insights.

☐ ☐ ☐
☐

Keeping a gratitude journal or reflecting on things you are thankful for.

☐ ☐ ☐
☐

Using positive affirmations to counter negative self-talk and build self-esteem.

☐ ☐ ☐
☐

Using music to relax, uplift your mood, or express your emotions.

☐ ☐ ☐
☐

Expressing your emotions through art, music, writing, or other creative outlets.

☐ ☐ ☐
☐

Set achievable goals and celebrate your progress, no matter how small.

☐ ☐ ☐
☐

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



## Social Self-Care: Fostering & maintaining healthy relationships.

☐ ☐ ☐
☐

Spending time with people you like and make you feel good about yourself.

☐ ☐ ☐
☐

Asking for help from friends or family when you're feeling down or overwhelmed.

☐ ☐ ☐
☐

Learning to say no and establishing boundaries to protect your emotional well-being.

☐ ☐ ☐
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Participating in support groups to gain insight and emotional support from others.

☐ ☐ ☐
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Participating in clubs or organizations that align with your interests to meet new people.

☐ ☐ ☐
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Giving your time to help others in your community to foster connection and purpose.

☐ ☐ ☐
☐

Going to social gatherings, parties, or community events to build your social network.

☐ ☐ ☐
☐

Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

☐ ☐ ☐
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Actively listening when talking with others, which helps strengthen your relationships.

☐ ☐ ☐
☐

Scheduling intentional alone time with your romantic partner.

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# Self-Care Inventory

1 2 3



**Professional Self-Care:** Maintaining a healthy work-life balance and pursuing career development opportunities.

☐ ☐ ☐
☐

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

☐ ☐ ☐
☐

Stepping away from work to recharge, through daily short breaks and using vacation time.

☐ ☐ ☐
☐

Talking to a supervisor or HR about mental health challenges (if it feels safe).

☐ ☐ ☐
☐

Exploring available support options, such as employee assistance programs (EAP).

☐ ☐ ☐
☐

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

☐ ☐ ☐
☐

Ensuring your work environment is comfortable and conducive to productivity.

☐ ☐ ☐
☐

Establishing achievable work goals and celebrating small accomplishments.

☐ ☐ ☐
☐

Being kind to yourself during work and avoiding excessive self-criticism.

☐ ☐ ☐
☐

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



**Spiritual Self-Care:** Nurturing your spirit and providing purpose.

☐ ☐ ☐
☐

Practicing meditation to connect with your inner self and find peace and clarity.

☐ ☐ ☐
☐

Engaging in prayer or other forms of communication with a higher power.

☐ ☐ ☐
☐

Spending time in nature to experience connection to the world around you.

☐ ☐ ☐
☐

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

☐ ☐ ☐
☐

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

☐ ☐ ☐
☐

Participating in spiritual or religious community activities.

☐ ☐ ☐
☐

Engaging in artistic activities, such as painting, music, or writing.

☐ ☐ ☐
☐

Performing acts of kindness and service to others, fostering a sense of purpose.

☐ ☐ ☐
☐

Acting in accordance with your morals to create a sense of integrity in your life.

☐ ☐ ☐
☐

Spending time with the people who give your life meaning.

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# Encouraging Emotional Expression

This worksheet is designed for parents and children to complete together to help your child identify, understand, and express their emotions in a healthy way. By working through this exercise, you will create a safe space for open conversations about feelings and build your child's emotional intelligence.

## PART 1: Learning About Emotions

Explore with your child some of the different emotions we can experience throughout the day. By learning to recognize a wide range of emotions, you and your child can better understand your feelings and communicate them more effectively.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

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# Encouraging Emotional Expression

## PART 2: Track Your Daily Emotions

Use these tables to track your child's emotions throughout the week. Write down all the emotions they experienced. Refer to the previous table to help your child identify specific emotions they experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

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# Encouraging Emotional Expression

## PART 3: Talk About What Caused the Emotions

Help your child explore what situations or events caused their emotions. Explain that it's okay to feel different things and that emotions can change throughout the day.

**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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# Encouraging Emotional Expression

## PART 4: Brainstorm Healthy Ways to Cope with Emotions

Together, think of healthy ways your child can cope with different emotions, especially difficult ones like anger, frustration, or sadness.

- When you're feeling upset, try taking slow, deep breaths. Breathe in for a few seconds, then breathe out slowly. This can help you feel calmer and more in control.
- If you're feeling mad or sad, grab some paper and crayons and draw how you're feeling. You can also color in your favorite picture. Drawing can help you feel better.
- If you're upset, it's okay to talk about it. You can talk to a parent, a teacher, or someone who makes you feel safe. Sharing your feelings can help you feel less alone.
- If you're feeling really mad, try counting slowly to 10 (or even 20!). It gives your brain a moment to calm down before you react.
- When you're frustrated, it's okay to take a break. You can go to your room or another quiet space for a few minutes to cool down. Taking a break gives you time to feel better.
- If you're feeling angry or have a lot of energy, try moving around. You can jump, run in place, dance, or do jumping jacks. Moving your body helps release some of those big feelings.
- When you're feeling sad, you can hug your favorite stuffed animal or blanket. Sometimes holding something soft and cozy can make you feel a little bit better.
- When you're feeling upset, try listening to your favorite calming music. Music can help you relax and make you feel happier.

**Emotion:**

**What can we do next time you feel this emotion?**

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**Emotion:**

**What can we do next time you feel this emotion?**

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*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

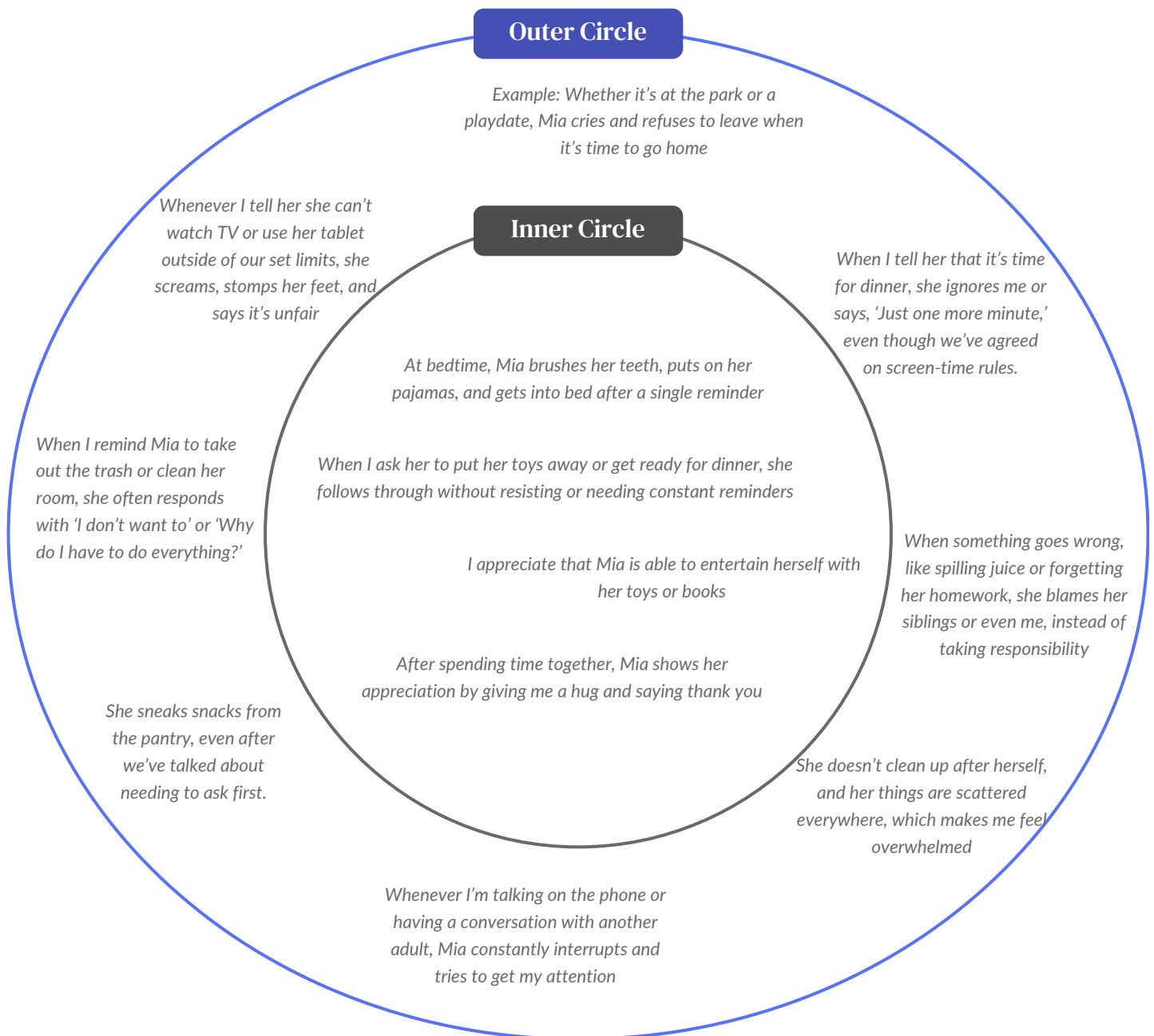


# How to Set Healthy Boundaries

Healthy boundaries are essential for creating a respectful and secure environment for both you and your child. Clear boundaries help your child understand what is acceptable, build trust, and promote independence, while also giving you the space to maintain your own well-being. This worksheet will guide you through recognizing the need for boundaries, setting them, and enforcing them in a way that fosters a positive relationship with your child.

## STEP 1: Visualize Your Boundaries

In the inner circle, write down everything that makes you feel calm, in control, and respected as a parent. This might include specific behaviors or attitudes your child demonstrates that align with your values. In the outer circle, write down anything your child does that makes you feel stressed, uncomfortable, or disrespected. These are areas where boundaries need to be enforced or adjusted.



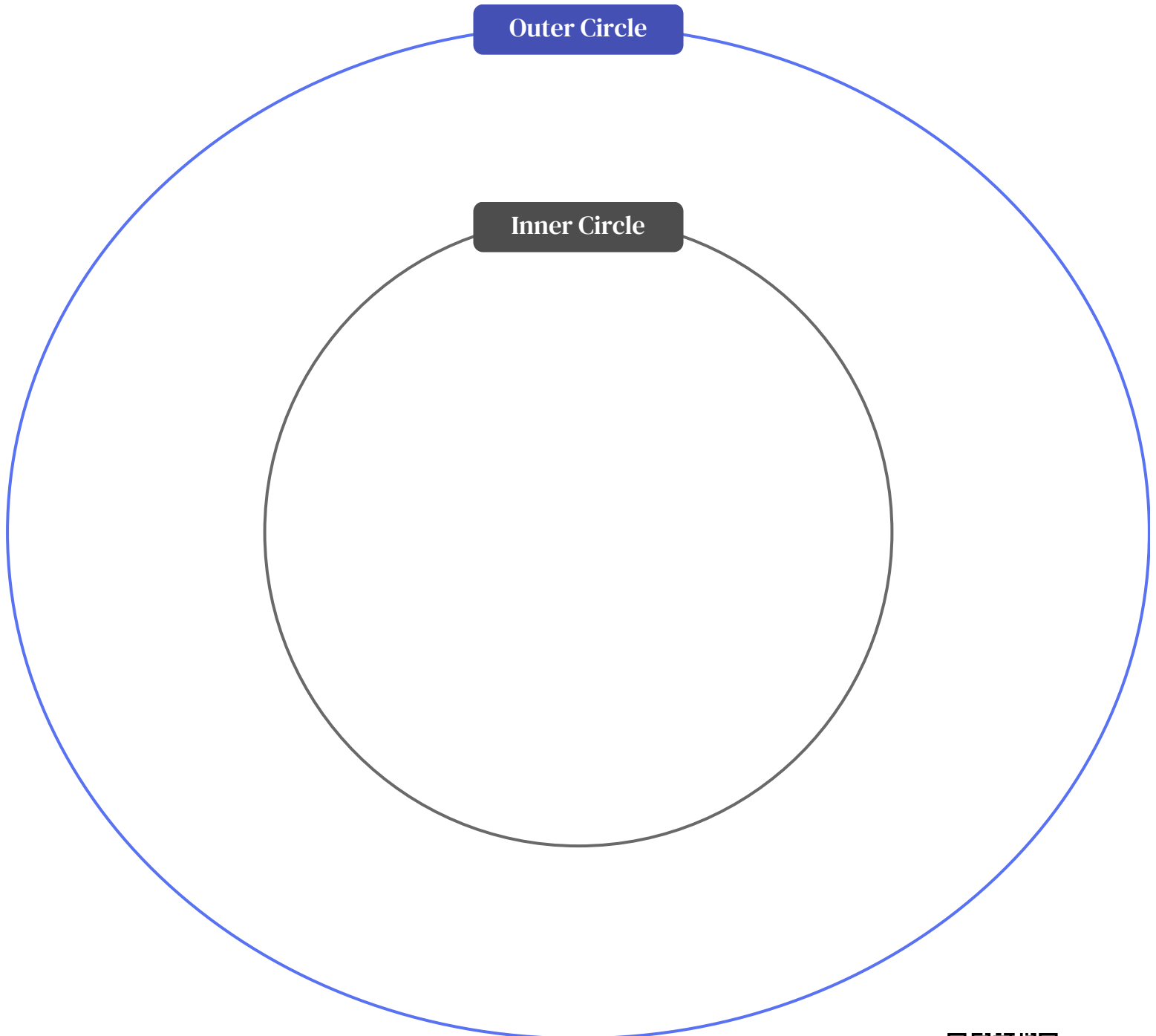
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# How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What behaviors or routines from my child make me feel calm and respected as a parent?
- What specific actions or attitudes from my child cause me to feel overwhelmed or frustrated?
- Are there any areas where I feel my child consistently crosses boundaries or challenges my authority?
- What behaviors make me feel connected and valued as a parent?
- Are there certain times of day or routines where I feel my boundaries are either respected or pushed?



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Scan or [click here](#) to learn more  
about setting boundaries:



# How to Set Healthy Boundaries

## STEP 2: Identify Areas Where Boundaries Are Needed

Now that you've identified behaviors that cause stress, reflect on the areas where boundaries need to be established or reinforced.

**What behaviors are affecting your relationship with your child and where can you set clearer boundaries?**

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# How to Set Healthy Boundaries

How you set boundaries with your child can make all the difference. It's not just about telling them what they can't do—it's about helping them understand why the boundary is there in the first place. When you explain things calmly and stick to those limits, kids are more likely to respect them because they feel cared for, not controlled.

## Ineffective Boundaries

- **Vague or abstract language:** If the boundary is explained using complex words or unclear concepts, it may confuse the child.
- **Inconsistent enforcement:** When boundaries change frequently or are not consistently applied, the child struggles to understand the expectation.
- **Too many rules at once:** Overloading a child with multiple boundaries at once can overwhelm them and make it hard for them to focus on one rule.
- **Lack of explanation:** Simply telling a child "don't do this" without explaining why the boundary exists makes it harder for them to grasp its importance.
- **Emotionally charged tone:** If the boundary is set in a frustrated manner, the child might focus more on the parent's emotions than the boundary itself.

## Effective Boundaries

- **Clear and simple language:** Using age-appropriate words and straightforward explanations helps the child easily grasp the boundary.
- **Consistency:** Setting and enforcing the boundary in the same way each time makes the expectation predictable and understandable.
- **One boundary at a time:** Focusing on one rule or boundary at a time allows the child to absorb and remember it more effectively.
- **Logical reasoning:** Explaining the reason behind the boundary helps the child understand why it's important and how it benefits them.
- **Calm and supportive delivery:** Setting a boundary with a calm tone and positive reinforcement makes it easier for the child to listen and comply.

## Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

## Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

## Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

## Practice Active Listening:

Listen to your child's response without interrupting and acknowledge their perspective while staying firm on your boundary.

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# How to Set Healthy Boundaries

## STEP 3: Define Specific Boundaries

For each behavior listed in Step 2, define a clear, specific boundary. Remember that boundaries should be easy for both you and your child to understand. Clearly state what behavior is expected and what the consequences will be if the boundary is not respected.

**Behavior:**

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**Boundary I will set:**

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**How I will communicate the boundary to my child:**

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**Potential challenges and how I will handle them:**

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# How to Set Healthy Boundaries

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# Practicing Gratitude

Practicing gratitude helps shift your focus from challenges to the positives in your life, building resilience and a sense of fulfillment. This worksheet is designed to help you track gratitude throughout the month. Each day, you'll have space to jot down things you're grateful for, from small moments to significant experiences. As the month progresses, you'll begin to notice patterns of positivity, which can help shift your overall perspective on life. If you choose to practice with your kids, you can make it a daily or weekly family activity, where everyone shares something they're grateful for. This creates an opportunity for meaningful conversations and helps children learn to focus on the good, building a strong foundation for emotional resilience and connection.

## PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page.)

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			

## PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

### Which gratitude entries for this week stood out to you the most and why?

*The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.*

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# Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

**How did practicing gratitude affect your mood and outlook over the week?**

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# Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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# Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

**How did practicing gratitude affect your mood and outlook over the week?**

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# Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

**How did practicing gratitude affect your mood and outlook over the week?**

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At the end of each month, summarize your gratitude practice.

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# Practicing Gratitude

**What new gratitude practices would you like to try next month?**

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**What challenges did you face in practicing gratitude , and how did you overcome them?**

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**Which gratitudes can you turn into a daily affirmation?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

