

WEEKLY PARENTING GOALS

Dear Parent,

This is an opportunity for you, the parent, to choose your own "parenting goals".

- Write down the numbers of the goals in the appropriate boxes below.
- At the end of each day, draw the appropriate "face" (see below) based on how well you met each goal.
- Goals may be changed daily or kept the same.
- Ask your child for feedback regarding your process.

| | | | |
|----|---|----|--|
| 1 | Provide an environment that is safe | 13 | Be more assertive |
| 2 | Provide an environment that is nurturing | 14 | Be more consistent |
| 3 | Provide a highly-structured environment | 15 | Be less demanding |
| 4 | Provide open and frequent communication | 16 | Avoid inappropriate language near child(ren) |
| 5 | Teach and encourage positive social skills | 17 | Avoid fighting with spouse near child(ren) |
| 6 | Set limits that are fair and reasonable | 18 | Avoid nagging |
| 7 | Be supportive and understanding of feelings | 19 | Avoid yelling or criticizing, control anger |
| 8 | Be a positive role model | 20 | Give positive attention more frequently |
| 9 | Be a good listener | 21 | Encourage healthy habits |
| 10 | Be more patient | 22 | Spend more quality time with child(ren) |
| 11 | Be helpful with problem-solving | 23 | Provide closer supervision |
| 12 | Give fair and logical consequences | 24 | Other |

| Day | Goal # | Response (see below) | Goal # | Response (see below) | Notes |
|-----|--------|----------------------|--------|----------------------|-------|
| MON | | | | | |
| TUE | | | | | |
| WED | | | | | |
| THU | | | | | |
| FRI | | | | | |
| SAT | | | | | |
| SUN | | | | | |

RESPONSES



-EXCELLENT



- FAIR



- POOR