

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