



# POSITIVE PARENTING CHECKLIST

As parents, we often have the best intentions, but pressured by stress and our busy schedules we might find it challenging to always parent in a positive way. When the daily duties get the best of us and we lose patience and focus, our interactions with our children might become reactive and can lead to conflict.

Every night before you go to bed, put a check mark in the box that describes your positive parenting behavior. See how many check marks you can get in a week. There are 105 possible points for the week. See if you can get at least 75!



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|---|---|
| <input type="checkbox"/> Encourage healthy sleep, exercise, and eating habits.  | <input type="checkbox"/> Encourage positive choices about the way free time is spent.             |
| <input type="checkbox"/> Show interest by asking for updates on school activities.  | <input type="checkbox"/> Show kindness and compassion when your kids face difficult situations.   |
| <input type="checkbox"/> Compliment your kids. Celebrate their efforts and accomplishments, no matter how big or small they seem. | <input type="checkbox"/> Avoid teasing, yelling, or threatening your children.                    |
| <input type="checkbox"/> Encourage involvement in extracurricular activities.   | <input type="checkbox"/> Show physical affection. Hug and kiss your kids.                         |
| <input type="checkbox"/> Show affection with kind words.  | <input type="checkbox"/> Give your children the responsibility and freedom they earned.           |
| <input type="checkbox"/> Spend quality time together. Do things everyone can enjoy.   | <input type="checkbox"/> Be aware of your own behavior and the examples you're setting.           |
| <input type="checkbox"/> Help your children learn ways to problem-solve and teach them how to make positive decisions.            | <input type="checkbox"/> Continuously develop your skills and knowledge about positive parenting. |
| <input type="checkbox"/> Be available for advice and support.   |   |

