



Parent & Kids 7-Day Workbook

A Parent & Child Connection Workbook
By Dr. Jenita Griffin (Doc G)

How to Use This Workbook This workbook is designed for parents and children to grow, connect, and heal together. Spend 10–20 minutes daily in a calm space. Parents: Guide, listen, and support without judgment. Children: Be honest and open. There are no wrong answers. Goal: Connection over perfection.

Disclaimer

This workbook is for educational purposes only and is not a substitute for therapy or professional mental health services.

Gems with Doc G. Kids Wordbook

Healing doesn't happen in one conversation...
it happens in consistent moments.

If this workbook has helped you and your child,
you can continue building these skills with the
ICoachME Journals.

These journals are designed to:

- Support emotional growth
- Encourage reflection
- Strengthen family connection

But this is important...You do not need anything extra to
begin.

*The work you are doing right now...
is already enough.

“You don't need perfection...
you just need presence.”



Parent Worksheet

Episode 3: Helping Your Child Use Their Words Use Their Words

Observe the emotions and behavior of your child throughout the week and check

I paused before reacting I tried to understand my child's feelings

I used a calm tone I said: "Help me understand what you're feeling"

I gave my child words to use I listened without interrupting

I focused on connection before correction

I validated my child's feelings I modeled healthy communication

I stayed patient during the moment

1. Reflection: What behaviors does my child show when they feel unheard?

2. Identify feelings: What do I think my child is feeling in these moments?

3. Practice Phrases: What phrases will I use to guide your child (Write 2-3 phrases down)?

4. Parent Response Plan: What will I do differently next time?

5. What worked well this week? _____

6. What can I improve next time? _____

7. Growth Goal: One thing I will practice this week: _____



Parent Worksheet

Episode 3: Helping Your Child Use Their Words Use Their Words

Using Your Word Behavior Chart

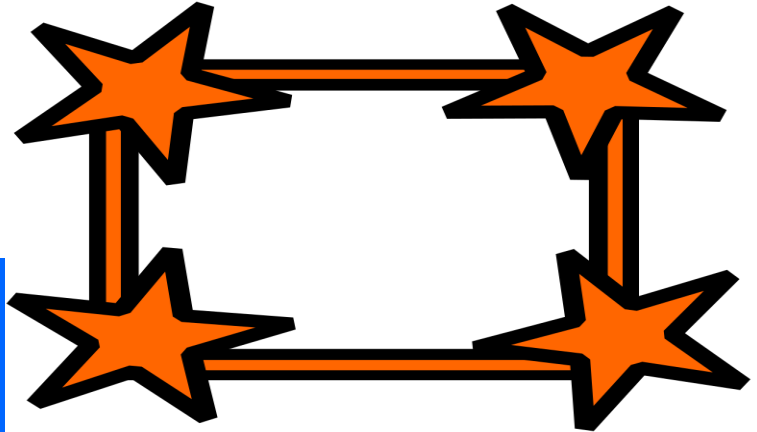
Day	Used My Words	Needed Help	Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Kids Worksheet



"Helping Children express feelings..."



Say It With Words:
Instead of yelling or getting upset, use your words to tell how you feel.

DAY 1

MOOD CHECK:

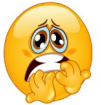
Circle your *Mood*



Happy



Angry



Afraid



Disappointed



Sad



Disgusted



Surprised

Where Do I Feel?

Color and describe where you feel your feelings today.

YELLOW = HAPPY

BLACK = AFRAID

BLUE = SAD

PINK = SURPRISED

ORANGE = DISGUST

RED = ANGRY

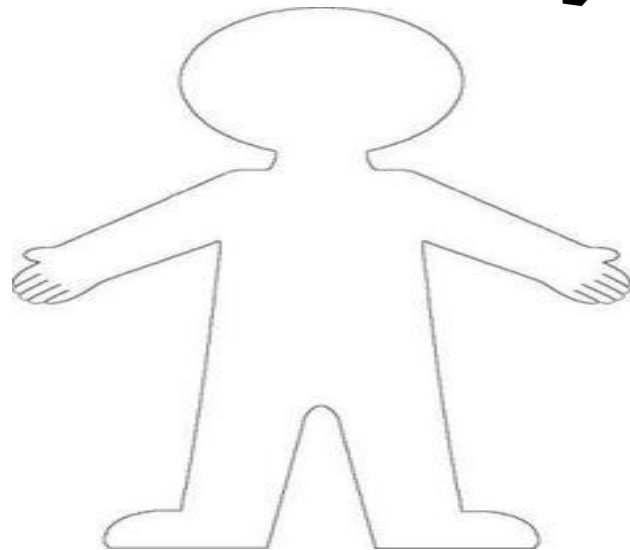
GREY = GUILT

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Example:

"I feel mad because you took my toy."

*If I Had One Wish Today,
It Would Be???*

Now You Try:

"I feel _____ because _____."

"I feel _____ because _____."

How I Could Help Me:

Today, this happened _____

I Thought to Myself??? _____

I Felt _____

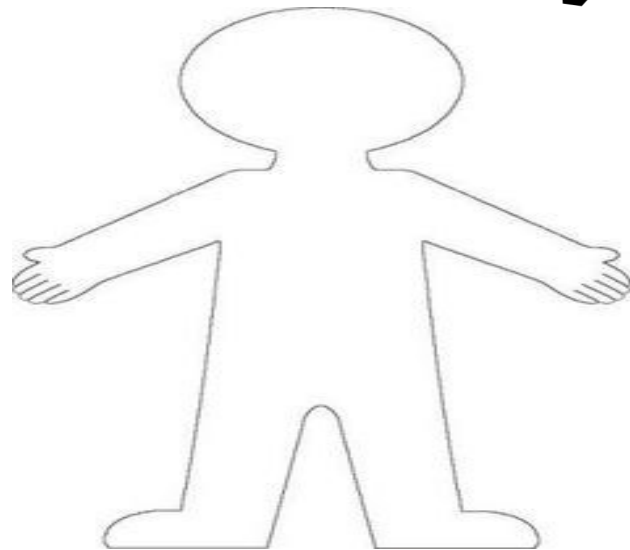
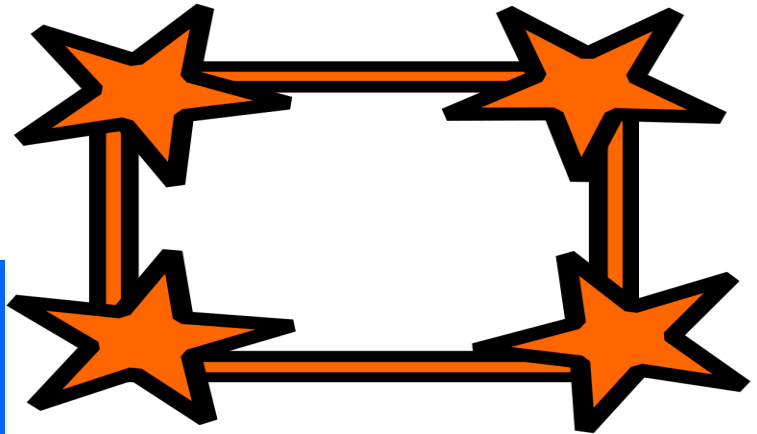
So I decided to do this _____



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"Helping Children express feelings..."



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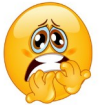
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I thought to myself???

I felt _____

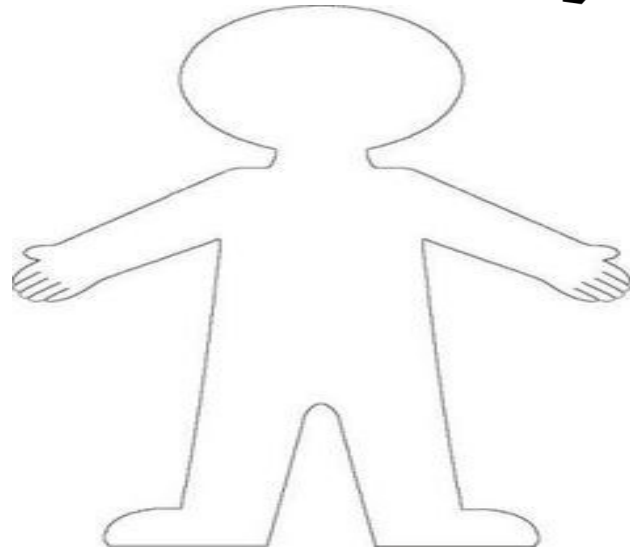
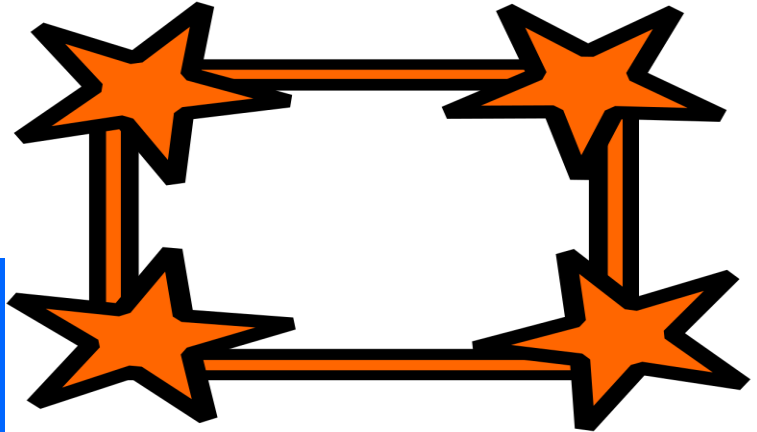
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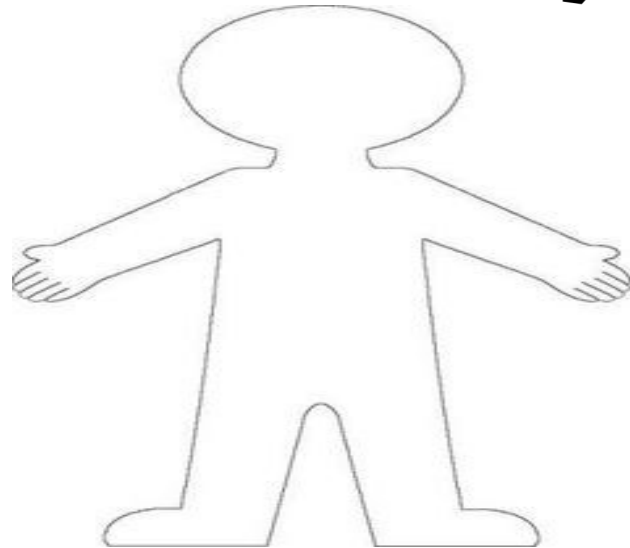
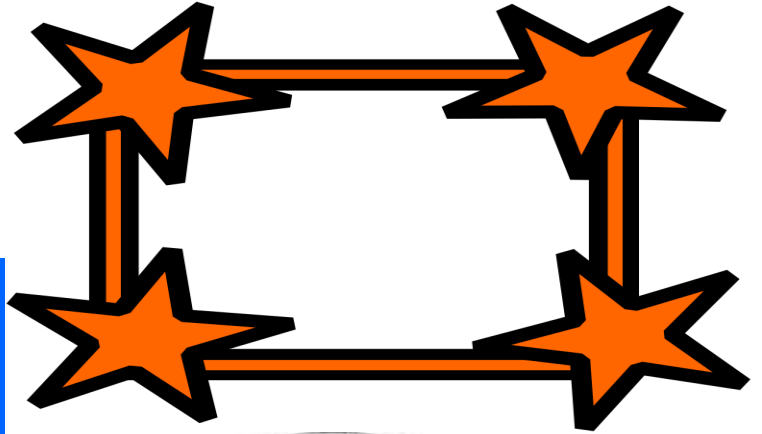
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DAY 4

MOOD CHECK:

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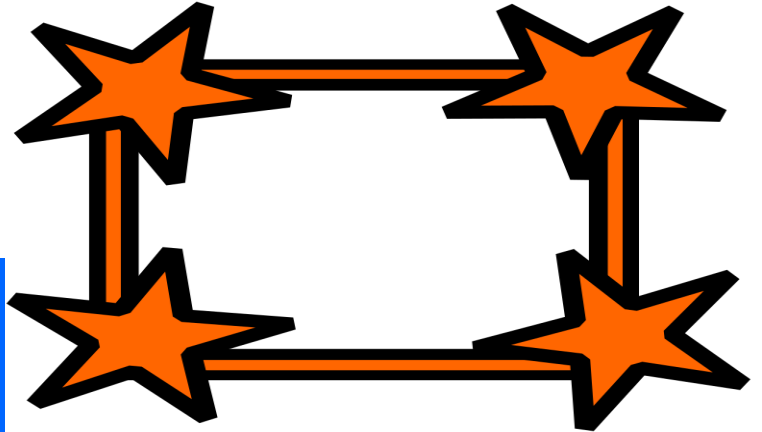
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DAY 5

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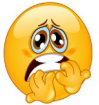
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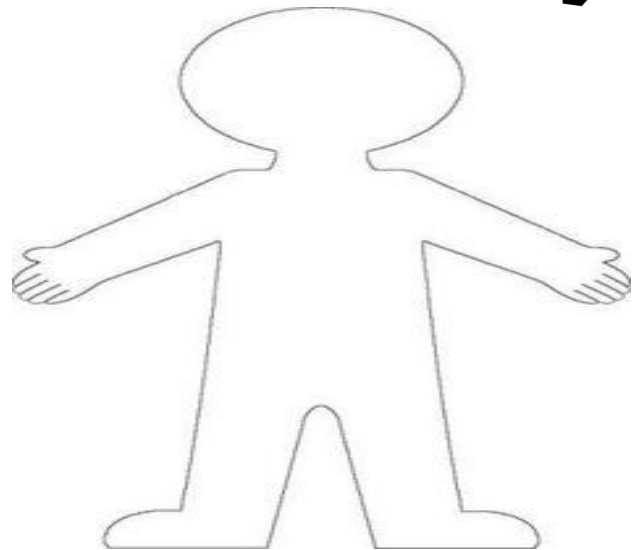
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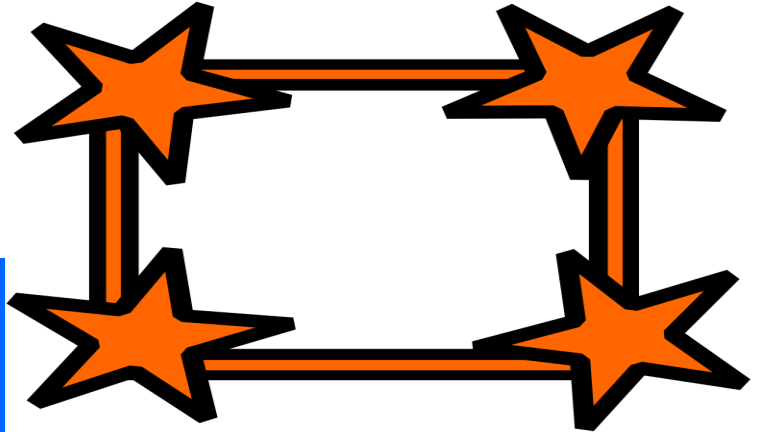
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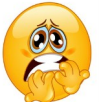
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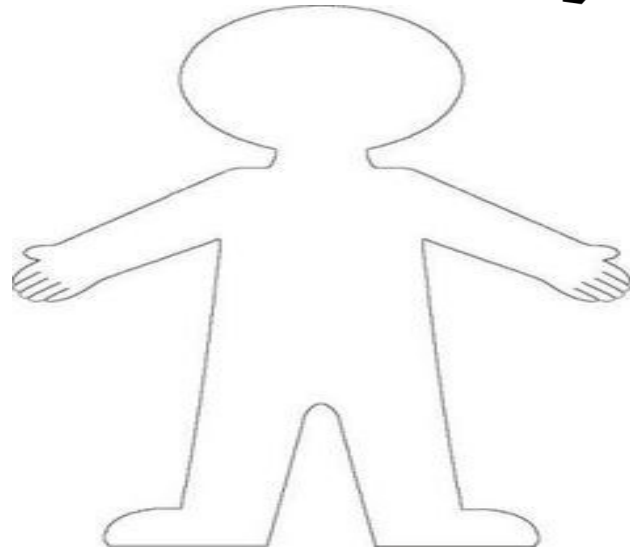
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DAY 7

MOOD CHECK:

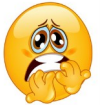
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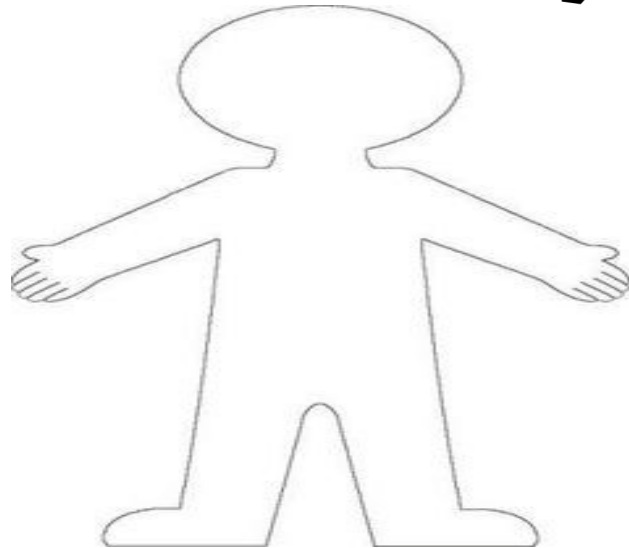
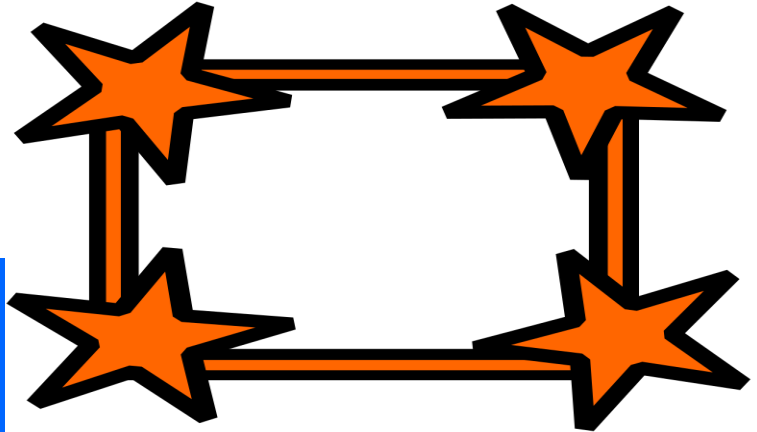
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Gems with Doc G. Kids Wordbook

Healing doesn't happen in a moment...
it happens in small, consistent steps.

If you and your child found this workbook helpful,
you can continue building these skills with the
ICoachME Journals—designed to support emotional
awareness, reflection, and growth.

☐ These journals are **optional tools** to help you:

- Strengthen communication with your child
- Build emotional vocabulary over time
- Create consistent connection moments at home

But remember...

**The most important work is already happening—
right here, with you showing up.**