



Parenting Checklist



- ☐ I feel like I'm walking on eggshells, trying not to set my child off.
- ☐ When my child has a meltdown, I freeze, yell... or shut down.
- ☐ I replay arguments and outbursts in my head long after they happen.
- ☐ I feel guilty after losing my cool. Even when I'm trying so hard.
- ☐ I know what I "should" do... but can't seem to do it in the moment.
- ☐ I dread certain parts of the day because they always lead to blow-ups.
- ☐ I feel like I'm failing, even though I'm doing my absolute best.
- ☐ I wish someone would just hand me a plan I can actually use.

