

Gentle Parenting Prompts



Journal Sheet

1. WHAT DAILY ACTIVITY BRINGS YOU THE MOST JOY AND CONNECTION WITH YOUR CHILD,?

2. DESCRIBE A RECENT PARENTING CHALLENGE AND THE SPECIFIC STEPS YOU TOOK (OR COULD HAVE TAKEN) TO NAVIGATE IT.

3. WHAT ARE YOUR CURRENT PARENTING GOALS, AND WHAT IS ONE SMALL, ACTIONABLE STEP.

MY AFFIRMATION TODAY
