

# 6 Key Components to Transform Your Parenting

## 1. Get to know yourself

- How full is your cup? (AKA How are you taking care of YOU?)
- How do you handle frustrating situations?
- How do you view your parenting, both good parts and bad parts?
- Are you predictable in your reactions and in your expectations?

## 2. Get to know your kids

- What are their interests?
- What do they need to thrive?
- What are their greatest gifts?
- What are their triggers/limits and how do they respond? Are you respecting that?

## 3. Lay successful foundations

- Are routines in place?
- Are realistic, achievable expectations in place?
- Are their needs met? (Getting enough sleep, healthy diet, appropriate screen time)

## 4. Keep proactive (and reactive) strategies on hand \*instead of yelling\*

- How can you make the situation more positive?
- Is there a different way you can view/handle the situation?
- Are you finding balance with providing positive discipline and negative consequences?
- Are you holding your kids accountable?

## 5. Cultivate Your Relationships

- How can you have fun together?
- Are you 100% committed to your family during family time? (distraction-free)
- Are you setting aside a little time each day to make family a priority?
- How are you communicating with your kids?
  - Is it mostly positive or negative?
- Are you telling your kids how much you enjoy and appreciate them?

## 6. Set goals and reflect daily or weekly

- What is one thing you can work on in yourself this week?
- What is one way you can get to know your kids a little better?
- What strategy can you use this week to improve the overall mood of your home?
- What is one way you can make family a priority this week?
- Analyze where you're successful (or not) and reflect on any change

