



# Positive Parenting Resolutions

**Every new year is a chance to start again fresh!**

As a parent in this past year, I did a **great job** of: \_\_\_\_\_

\_\_\_\_\_

I **struggled** with: \_\_\_\_\_

\_\_\_\_\_

I really want to **get better at**: \_\_\_\_\_

\_\_\_\_\_

I will do this by: \_\_\_\_\_,

\_\_\_\_\_, & \_\_\_\_\_

I will also strive to build my child's/childrens' **self esteem** by: \_\_\_\_\_

\_\_\_\_\_

I will **connect** more often with my child/children by: \_\_\_\_\_

\_\_\_\_\_

I will help my child/children learn to manage their **emotions** better by:

\_\_\_\_\_

I will help stimulate my child's/childrens' **natural curiosity** by: \_\_\_\_\_

\_\_\_\_\_

**Almost done! See page 2...**

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I will help stimulate my child's/childrens' **creativity** by: \_\_\_\_\_

\_\_\_\_\_.

I will help my child/children learn to deal better with **stress** by: \_\_\_\_\_

\_\_\_\_\_.

I will help my child/children to become more **independent** and **responsible** by: \_\_\_\_\_

\_\_\_\_\_.

I will encourage more of my child's/childrens' **cooperation** by: \_\_\_\_\_

\_\_\_\_\_.

I will build upon my **parenting skills** by: \_\_\_\_\_

\_\_\_\_\_.

I will make sure I get **"me time"** by: \_\_\_\_\_

\_\_\_\_\_.

I will better help support my **partner's parenting** by: \_\_\_\_\_

\_\_\_\_\_.

I will keep these resolutions \_\_\_\_\_

and **reflect** on them \_\_\_\_\_ to see how I am doing!



No matter what, I will remember that I am **not a perfect parent** and

**That is Okay!**

I am **more than enough** in my child's/childrens' eyes!

# Resolution Quick Ideas

**How to Use:** Look for the coloured words on your resolution recording sheet, find them below and get some ideas!

**Great Job/Struggled With:** playing with my kid/s, having fun with my kid/s, showing affection, keeping my kid/s on a routine, being flexible, being patient, following my child's lead, being empathetic, providing healthy meals, getting my kid/s outside, taking my kid/s on adventures, balancing my time between work and family, reading to my kid/s, finding logical consequences for behaviour, having clear expectations, being firm but fair, handling my own anger with my child

**Self-Esteem:** accept my kid/s feelings (even the negative ones), play and connect more with my kid/s, approach mistakes as problems to be solved, parent without punishment or rewards, use encouragement instead of praise, teach my child to use his/her words when upset, allow my child to say "No", avoid labeling my kid/s (even positively), teach them about their personal rights, allow them to struggle sometimes with tasks, encourage them to take on more responsibility

**Connect:** set aside 10 min. each day to play, get down on the floor to play more often, go for walks together, make child-parent "dates", read together at times other than bedtime, put down my cell-phone when talking to my child, allow my child to take the lead with play, play chase games, hide and seek, wrestle, tickle games, sing songs together in the car, give more hugs/kisses, dance together each day, play with playdough together, cook/bake together once a week, sit down together at dinner, make some art together, build something together, involve kid/s in household chores

**Managing Emotions:** accept all emotions (even negative ones), hug/comfort my child when they're upset, remain patient when my child is upset/angry, allow upset feelings without accepting hateful words or aggressive actions, label my kid/s emotions, describe emotions of characters in books, identify my own emotions more, use "I statements" when expressing upset/anger towards my kid/s, help my child make amends when he/she has hurt someone, acknowledge my kid/s feelings more often, respond without yelling to kid/s mistakes

**Stimulating Curiosity:** encourage my kid/s to question things, model asking different kinds of questions, don't always answer my kid/s questions, model looking for answers to questions, read more non-fiction books/magazines together, provide more open-ended activities at home, encourage my kid/s to start a collection, visit museums/nature centers/the great outdoors more

**Stimulating Creativity:** encourage imaginative play and join in more often, buy some costumes, puppets, props for drama, provide more open-ended art projects instead of crafts, provide some sensory activities at home like playdough, goop, sensory bins, etc., provide building toys, try making some projects out of recyclable materials, take turns making up stories at night together, sign your child up for a new "artsy" class/group, encourage musical expression at home with instruments, limit TV time

**Helping with Stress:** teach kid/s to take 3 deep breaths when upset, model deep breathing to calm self, make mindfulness jars, try kid/s yoga, read about mindfulness with kids, exercise regularly with my child, encourage my child to eat as healthy as possible by providing more low salt/low sugar homemade snacks and meals, talk about daily positives and negatives at dinner/bedtime, show kid/s how to draw about upsets, acknowledge kid/s feelings more often without trying to fix things



**Encouraging Independence & Responsibility:** allow my kid/s more choice in clothing, what toys to bring in the car, what they eat (from healthy options) etc., honour their struggles when trying new things without jumping in to help or do it for them, expect kid/s to clean up after themselves with help, allow kid/s to participate in household chores, allow kid/s to help prepare their own snacks/meals, catch them being independent/responsible and label it

**Encouraging Cooperation:** give my kid/s more transitional warnings before changes occur, give my kid/s more choice in their routine, say "Yes - later" or "Yes - as soon as...." instead of "No" when possible, label kid/s cooperation when it occurs, show more appreciation when kid/s cooperate, empathize more when kid/s don't want to do something, acknowledge feelings more, teach kid/s my expectations by showing them what to do or telling them explicitly what I expect, give in fantasy what I can't give in reality ("I wish we could eat every cookie on the planet!"), refrain from punishing and instead allow more natural consequences for poor choices or non-cooperation when possible

**Building Parenting Skills:** attend a parenting workshop/s, rent a parenting video, read a parenting book/s, share parenting strategies more with friends, find some parenting blogs to follow (including One Time Through!)

**Getting "Me Time":** swap kids with a friend, get grandmothers/grandfathers/aunts/uncles/friends/partners to help look after kid/s, hire a babysitter once a week/month/bimonthly for a break, start taking art or music lessons, set a regular coffee date with girlfriends, take a weekly exercise class, swap sleep-in mornings on weekends with your partner, do yoga/mindfulness videos with your kids

**Supporting Partners:** regularly complimenting my partner on what he/she does well, refraining from criticizing partner in front of children, helping my partner get down time too, regularly chatting with partner about parenting approaches to make sure we're on the same page, sharing skills that I have learned in a positive, constructive way, watch parenting videos together, spending time together without the kids!

For even more resources and ideas, be sure to check out our alphabetic parenting series at: <http://onetimethrough.com/characterseries>

**How few there are who have courage enough to own their faults, or resolution enough to mend them. ~Benjamin Franklin**

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