

# POSITIVE PARENTING

## *Reflective Journal*



Growing Play

## Positive Parenting Journal

7 Reflective Lessons to Encourage Positive Parenting

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## Positive Parenting Journal

7 Reflective Lessons to Encourage Positive Parenting

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# I Can Be a Positive Parent

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Today's Date:

## I CAN BE A SUPPORTIVE PARENT

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### READING: How to Actively Listen to your Child

Communicating with our children can be a difficult task at times. We feel like they're not listening to us; they feel like we're not listening to them. Good listening and communications skills are essential to successful parenting. Your child's feelings, views and opinions have worth, and you should make sure you take the time to sit down and listen openly and discuss them honestly.

It seems to be a natural tendency to react rather than to respond. We pass judgment based on our own feelings and experiences. However, responding means being receptive to our child's feelings and emotions and allowing them to express themselves openly and honestly without fear of repercussion from us. By reacting, we send our child the message that their feelings and opinions are invalid.

But by responding and asking questions about why the child feels that way, it opens a dialog that allows them to discuss their feelings further, and allows you a better understanding of where they're coming from.

Responding also gives you an opportunity to work out a solution or a plan of action with your child that perhaps they would not have come up with on their own. Your child will also appreciate the fact that maybe you do indeed understand how they feel.

It's crucial in these situations to give your child your full and undivided attention. Put down your newspaper, stop doing dishes, or turn off the television so you can hear the full situation and make eye contact with your child. Keep calm, be inquisitive, and afterwards offer potential solutions to the problem.

Just as we do, our children have feelings and experience difficult situations. By actively listening and participating with our child as they talk about it, it demonstrates to them that we do care, we want to help, and we have similar experiences of our own that they can draw from. Focus on being present and responsive instead of reactive.

# I Can Be a Positive Parent

## DESCRIPTION:

To be a more supportive parent, I will try to do the following (circle suggestions or write your own ideas):

Actively listen	Offer advice when asked	Show love
Provide support	Don't judge	Just be there

Other ideas:


# I Can Be a Positive Parent

## REFLECTION:

How did you feel about being a supportive parent?

- Positive emotions
- Negative emotions
- No changes

Comments:

What was the outcome after trying to be a supportive parent?

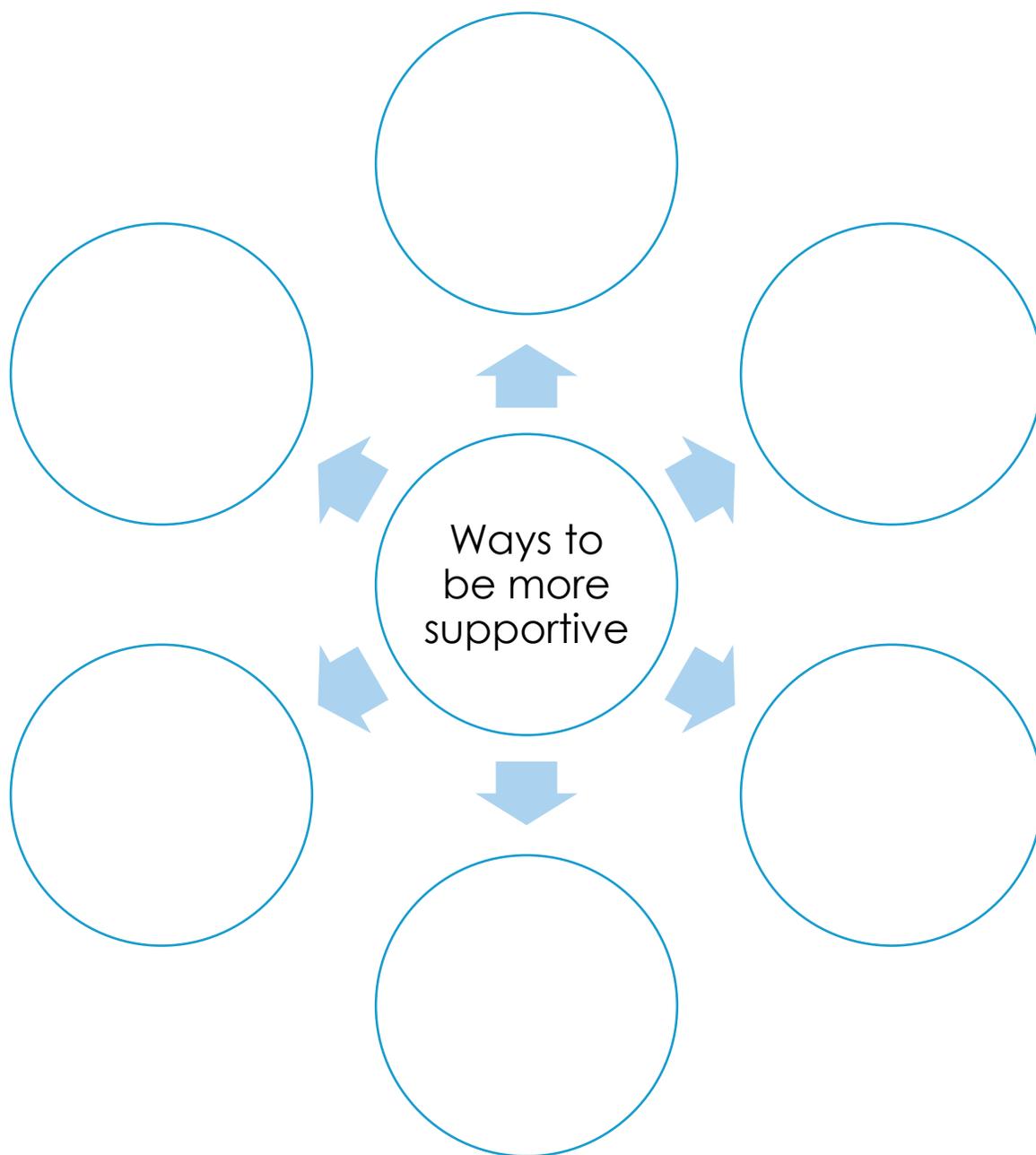
- Positive outcome
- Negative outcome
- No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more supportive parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE AN INVOLVED PARENT

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### READING: Get Involved in your Child's Activities, Hobbies and School

It's probably no secret that children who have involved parents are more happy, healthy, and well-adjusted and excel at their educational and extracurricular pursuits. It can increase their cognitive development, keeps them motivated, strengthens the parent-child relationship, and has a direct positive influence on their overall academic achievement. In turn, it can also help parents achieve a positive outlook on their parenting, increase their own self confidence and self-esteem, and will most likely feel more satisfied with their child's educational experience at school.

But where do you get involved? With today's busy schedules between home, work, and school, it may feel that the average family has very little quality time to offer.

However, different options and levels of commitment are available to fit every parent's availability, and with some careful planning and dedication, you can make it a positive experience for both yourself and your child.

First of all, discover what your child is most passionate about. Maybe you've thought about volunteering for the school bake sale to raise money, but your child is actually more actively involved in her local Girl Scouts troop. If that's the case, then get together with the other Girl Scout parents and see what you can contribute to help the troop. Maybe you could organize a bake sale to benefit their next summer outing.

It's also important to consider what skills, talents and abilities you can bring to the table. Maybe your child's school is in desperate need of your help organizing a fundraiser, but your skills in sewing and designing might better serve the school if you were to help in making the costumes for the school play. Remember, you want this to be a positive experience for both of you, and if your child senses that you're not happy with what you've chosen to become involved in, then they likely will not be happy as well.

Slowly work on getting involved and staying involved. Children of involved parents are less likely to get into mischief, have emotional problems, or have problems in school.

You benefit by connecting with and staying connected to your child. It's a win-win situation for you both.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE AN INVOLVED PARENT

### DESCRIPTION:

To be an involved parent, I will try to do the following (circle suggestions or write your own ideas):

Be present

Offer to  
help if  
needed

Volunteer

One on  
One Time

Be informed

Ask  
questions

Other ideas:

# I Can Be a Positive Parent

## REFLECTION:

How did you feel about being an involved parent?

- Positive emotions
- Negative emotions
- No changes

Comments:

What was the outcome after trying to be an involved parent?

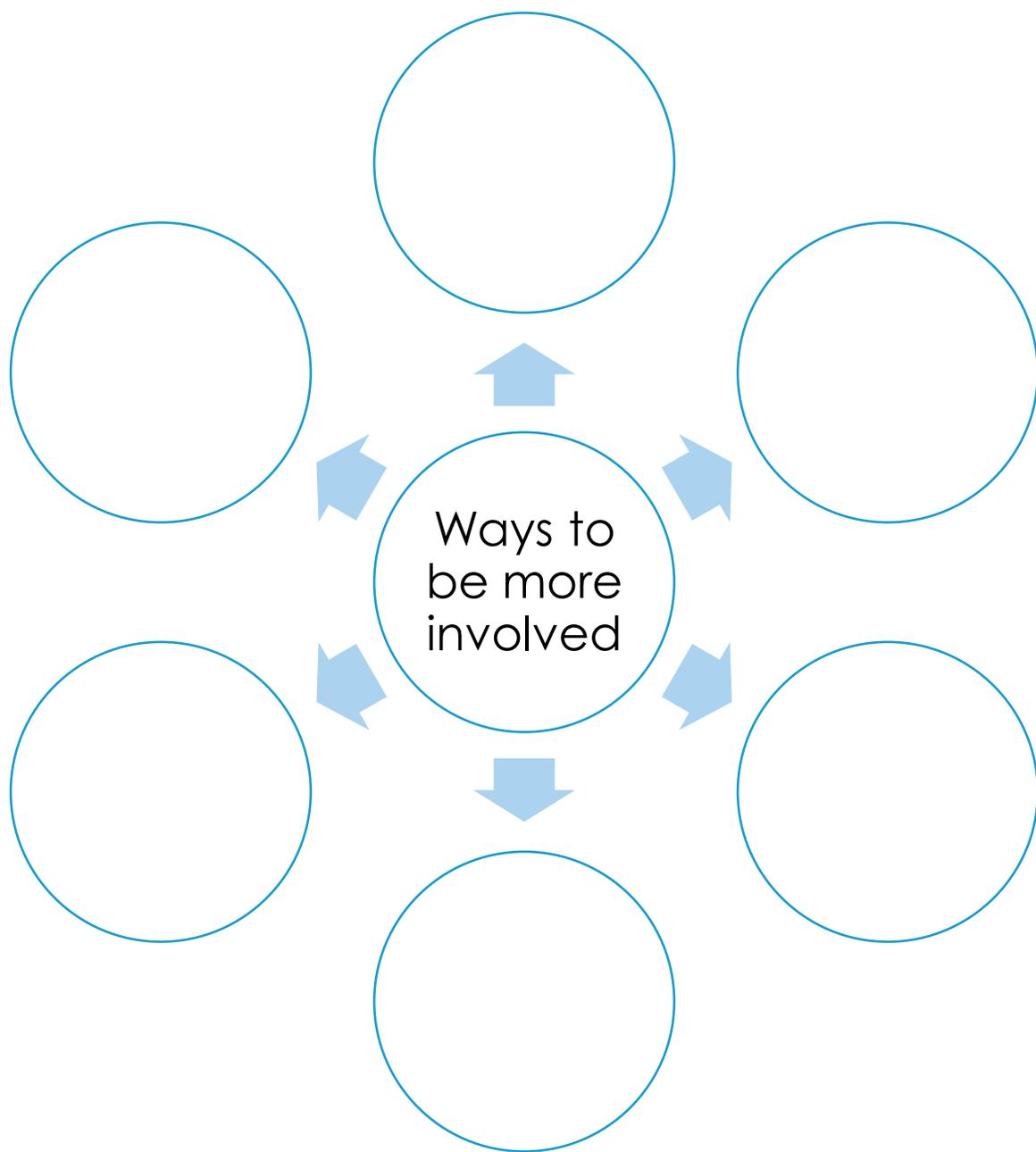
- Positive outcome
- Negative outcome
- No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more involved parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE AN HONEST AND TRUSTING PARENT

### READING: Learn from Your Mistakes and so will Your Child

Everyone makes mistakes. Granted, some mistakes are more significant than others and harder to get over, but they are a part of life. How individuals deal with those mistakes is significant to their self-esteem. Children who are taught from an early age to admit to their mistakes understand that it's not a crime to make one, and they seem to have the ability to cope much better with them. They recognize that a mistake was made and admit the error. Most importantly, these children also develop a strategy to change the mistake and not do the same thing again. This builds an honest and trusting relationship.

The process of making and learning from mistakes is an extremely valuable life skill for everyone because learning involves risking. Every time children risk, they will not always succeed. But they tried something new and most likely learned from it as a result.

Children with low self-esteem deal with making a mistake quite differently. More often than not, these children use the experience to devalue themselves. Instead of looking at the error as an opportunity to learn, these children interpret the experience as a reason to quit and never try again. They view it as a devaluing and humiliating experience.

You can help your child cope with mistakes by first making sure they understand that everyone makes mistakes, even you. Own up to your own mistakes to teach them there's no shame in making them.

Make sure they understand that it's okay to make mistakes. This presents a great opportunity to tell your child what you've learned to do differently the next time.

Offer strategies to turn mistakes into learning opportunities. Discuss the importance of honesty.

Help them develop a positive plan for the next time around, and what they'll do differently the next time to avoid making the same mistake again.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE AN HONEST AND TRUSTING PARENT

### DESCRIPTION:

To be an honest and trusting parent, I will try to do the following  
(circle suggestions or write your own ideas):

Be truthful	Apologize	Be understanding
Trust	Teach decision making skills	Do not micromanage

Other ideas:


# I Can Be a Positive Parent

## REFLECTION:

How did you feel about trying to be an honest and trusting parent?

Positive emotions

Negative emotions

No changes

Comments:

What was the outcome after trying to be an honest and trusting parent?

Positive outcome

Negative outcome

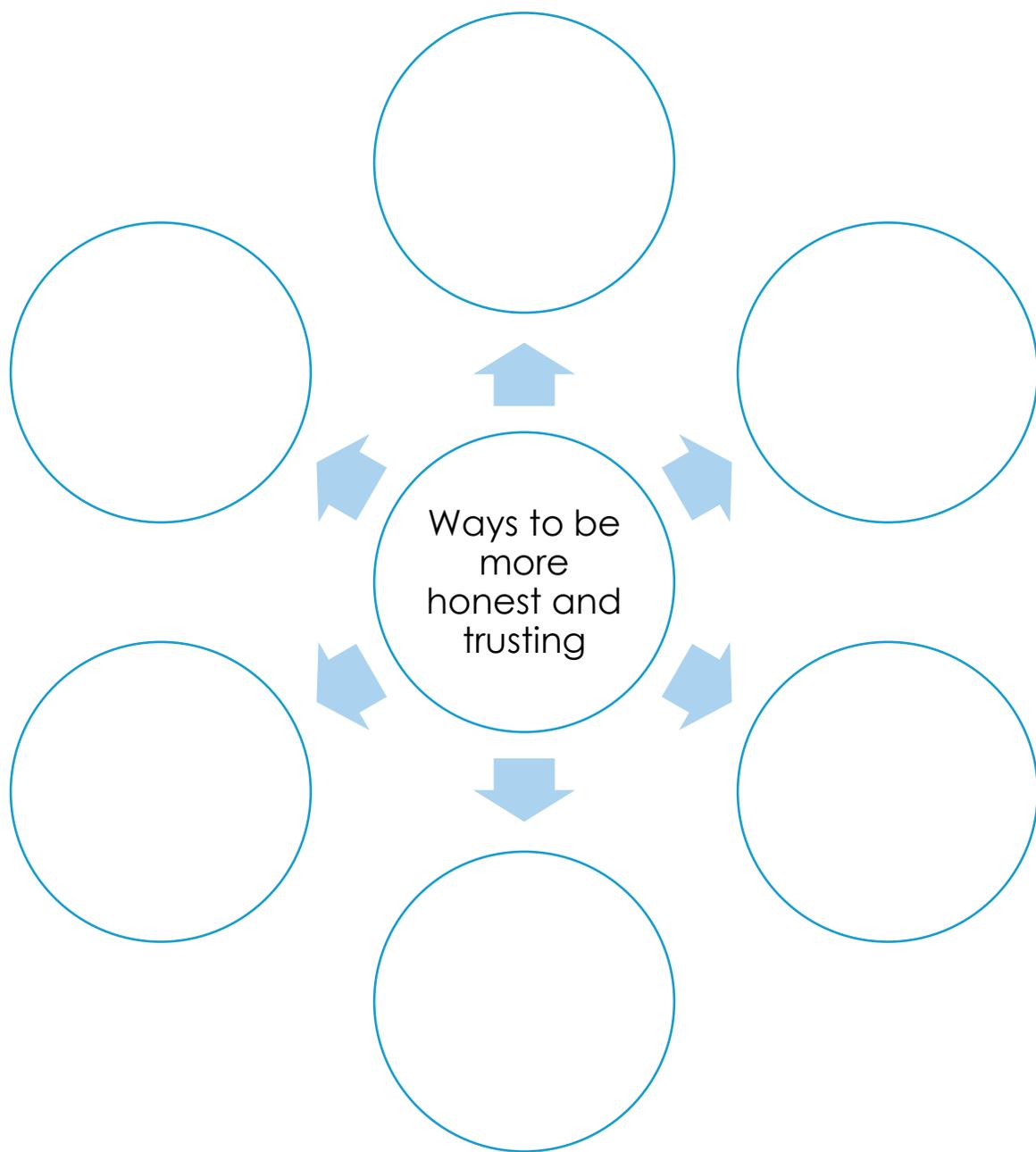
No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more honest and trusting parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE A HEALTHY PARENT

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### READING: The Family that Eats Together Stays Healthy Together

Recent studies have shown that not only do children like to sit down at the dinner table and eat a meal with their parents, but they are more likely to eat a well-balanced, nutritious meal when they do.

The hectic lives we seem to lead these days, makes it difficult to get the family all together in the same place at the same time. Between work schedules, after-school activities, errands, and the like, it seems we have less and less time. With easy to implement ideas and planning, mealtime can be an enjoyable and treasured family time.

Try to designate no less than one night per week to have a sit-down meal with your family. Sunday nights are usually a good choice for this because you have more time to relax and the weekend chores have been completed.

Involve your children in the meal planning and preparation. This gives them a strong sense of self and the foundation for a lifetime of healthy meal planning and preparation.

Make sure the television is off, and make it a rule that all phone get put away during the meal. Take this time to visit with one another and enjoy one another's company. This is a great time to reconnect and find out what events happened this week. Take your time eating, and teach your children how to do the same in the process. Eating slowly is a healthy habit. Don't jump up and start clearing dishes and putting things away until everyone is done eating and talking.

On those days that you can't sit down as a family, try to make a habit of sitting down and chatting with them while they are eating, instead of rushing around catching up on the chores. This shows them you're interested and that you care and want to be and involved and important part of their every day life.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE A HEALTHY PARENT

### DESCRIPTION:

To be a healthy parent, I will try to do the following (circle suggestions or write your own ideas):

Eat  
healthy

Drink  
water

Exercise

Self-  
care

Sleep

Eat  
together

Other ideas:

# I Can Be a Positive Parent

## REFLECTION:

How did you feel about trying to be a healthier parent?

- Positive emotions
- Negative emotions
- No changes

Comments:

What was the outcome after trying to be a healthier parent?

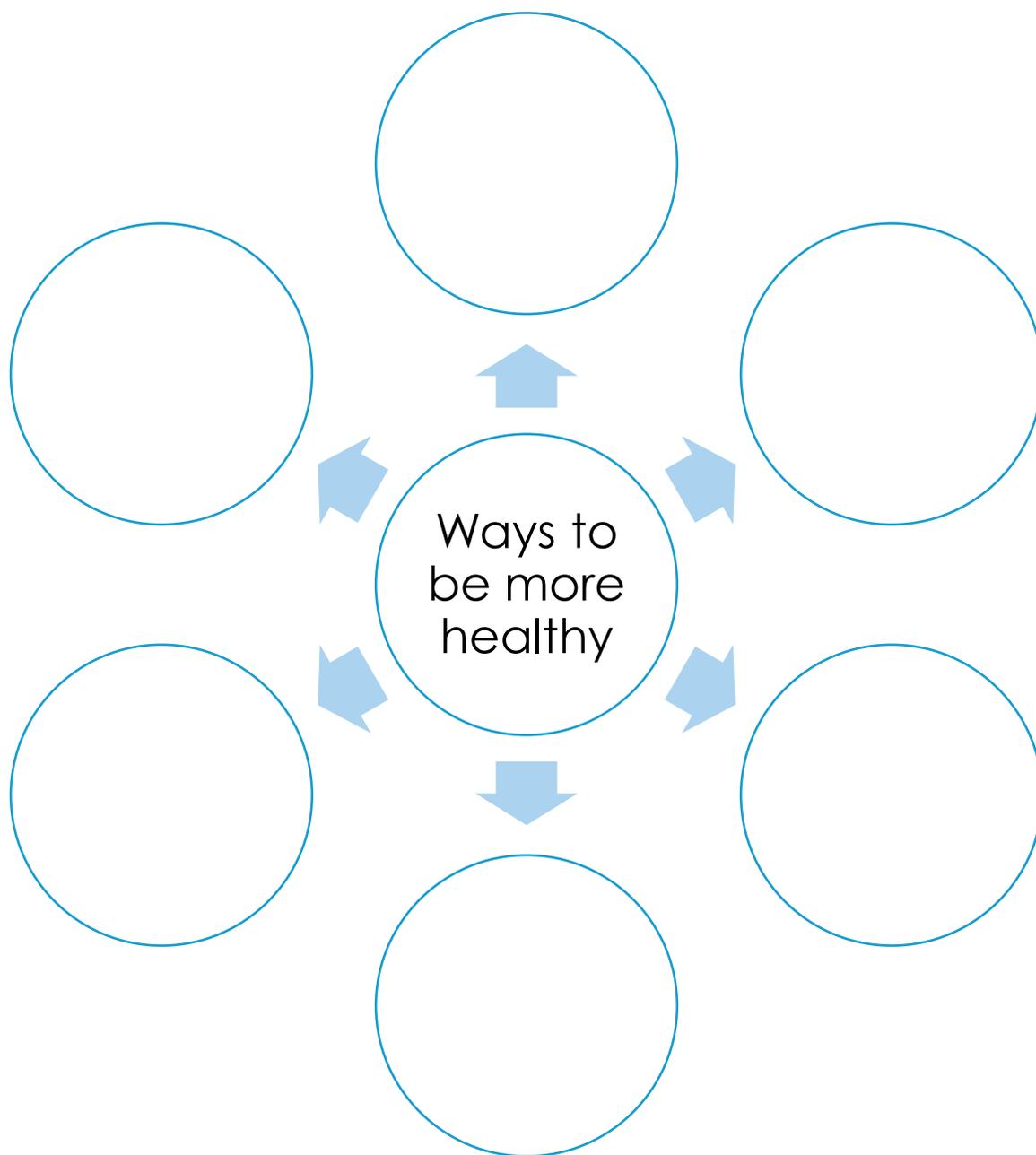
- Positive outcome
- Negative outcome
- No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to lead a healthier lifestyle as a parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE A PATIENT PARENT

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### READING: Do As I Do

Children learn to imitate at a very young age. It's how they learn to behave, care for themselves, develop new skills, and communicate with others. From their earliest moments they watch you closely and pattern their own behavior and beliefs after yours. Your examples become permanent images, which will shape their attitudes and actions for the rest of their life.

As children get older, they develop self awareness and self management skills essential to success in school and in life. As parents we can guide youth to identify and manage one's emotions and behavior and teach children how to apply decision making skills to deal responsibly with daily academic and social situations. Many times this can be done by demonstrating appropriate emotional responses yourself.

It's important to be patient, responsible, consistent and loving with your child. This also holds true for the relationship you have with your spouse, your parents, and other family members and friends that are also a part of your child's life.

It takes practice to be patient and stay calm. When you communicate in a positive and healthy manner with one another and show love and affection for others, your child can begin to learn early on what it means to be a patient, calm person.

Being able to identify, manage, and express emotions are fundamental life skills. For many children, social-emotional regulation can be a very difficult skill to master.

You'll soon see your child patterning many of his behaviors after your own.

Focus on being patient and calm around your children, as this will help them build a strong sense of social-emotional regulation skills.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE A PATIENT PARENT

### DESCRIPTION:

To be a more patient parent, I will try to do the following (circle suggestions or write your own ideas):

Take a  
breath

Be  
mindful

Stay  
calm

Embrace  
waiting

Count to  
10

Avoid  
rushing

Other ideas:

# I Can Be a Positive Parent

## REFLECTION:

How did you feel about trying to be a more patient parent?

- Positive emotions
- Negative emotions
- No changes

Comments:

What was the outcome after trying to be a more patient parent?

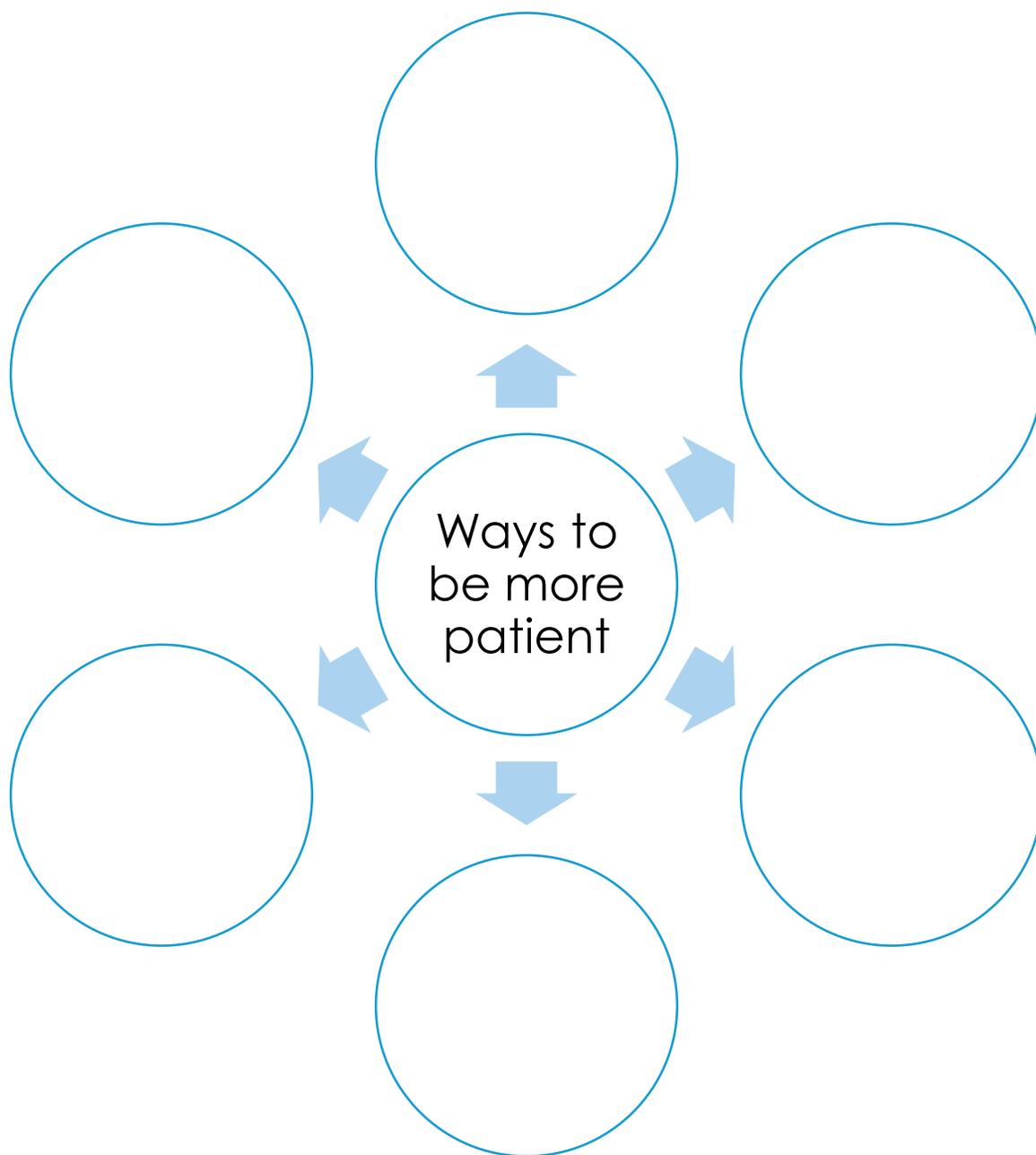
- Positive outcome
- Negative outcome
- No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more patient parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE A GRATEFUL PARENT

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### READING: Children Learn Gratitude By Example

Children learn by example, so what better way of teaching them the meaning of gratitude by your own actions. Teaching them what gratitude means will help them their whole lives.

Start out by demonstrating to them just how thankful you are for having them as your children. Make a point of telling each child why they are special to you, and do this fairly often

In order for you to teach your children the meaning of gratitude, you need to know what you are grateful for yourself. Take a few minutes each day and contemplate this.

Here are some questions you could ask yourself.

- Why are you grateful to be a parent?
- What is it about your child that makes you grateful?
- Who in your family are you grateful for and why?

Don't forget to ask yourself how you can show your gratitude to others. This might include volunteering at your child's school or helping at a bake sale. This will also help teach your children the value of giving to others and helping out in your local community.

As a parent, you know the importance of leading by example, and this should spill over into all areas of your life. Young children are like sponges, they watch your every move and soak things up more than you may ever know. They instinctively know when you are upset or not feeling well. These same instincts can be applied to the practice of showing gratitude and being thankful.

Don't overlook the small things in life either. If your child has tried to pack their lunch, appreciate what they have attempted. Don't just tell them they didn't get it right. Show your appreciation for the fact that they wanted to help you out. This will not deter them from trying again, instead, they will keep on wanting to please you in any way possible.

By working on ways to teach your children the meaning of gratitude it will allow them to deepen their family bond and to share this meaning with their own friends and acquaintances.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE A GRATEFUL PARENT

### DESCRIPTION:

To be a more grateful parent, I will try to do the following (circle suggestions or write your own ideas):

Live in the moment

Be mindful

Write in gratitude journal

Say thank you

Reframe negative thoughts

Think positive

Other ideas:

# I Can Be a Positive Parent

## REFLECTION:

How did you feel about trying to be a more grateful parent?

Positive emotions

Negative emotions

No changes

Comments:

What was the outcome after trying to be a more grateful parent?

Positive outcome

Negative outcome

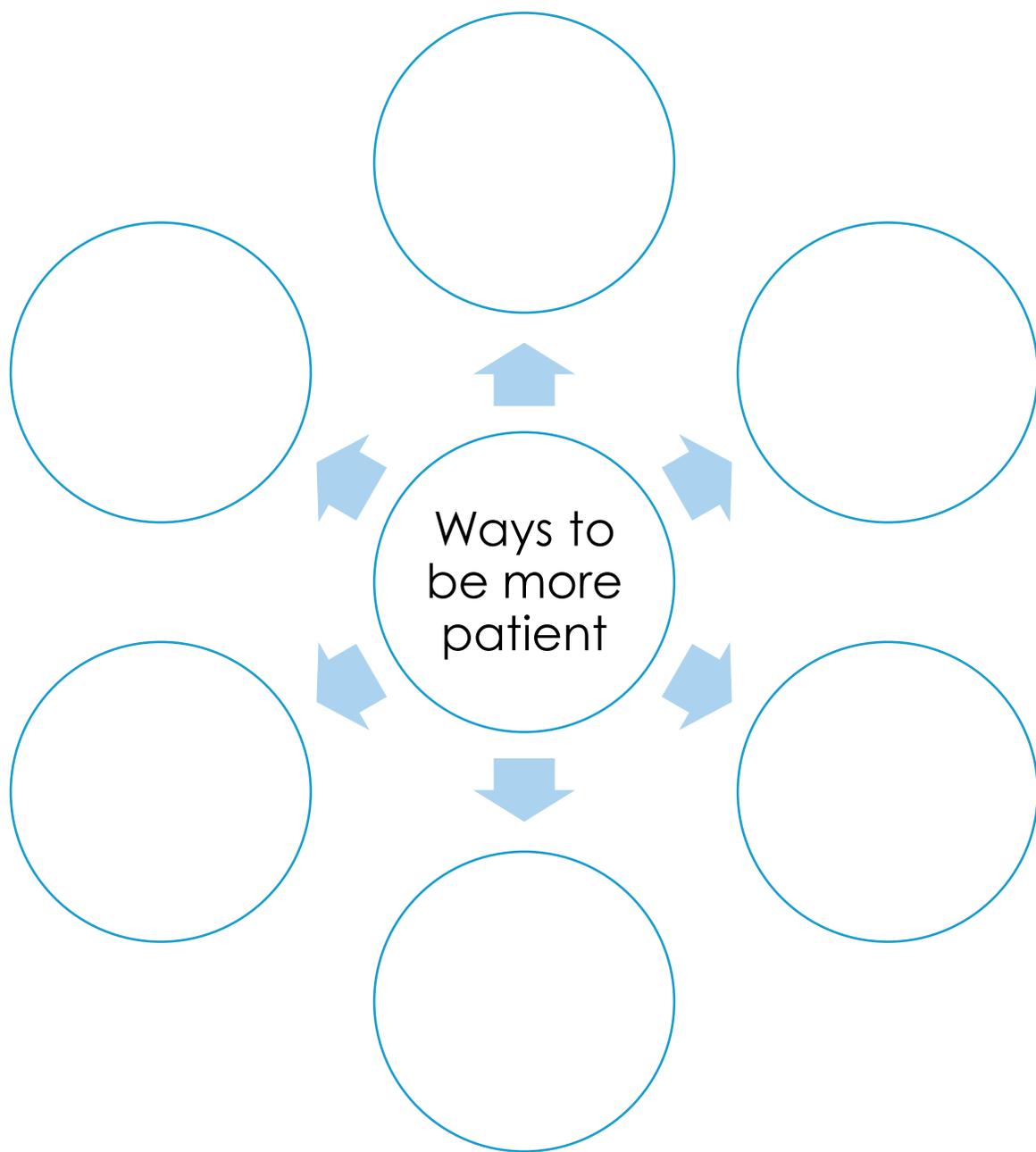
No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more grateful parent:



# I Can Be a Positive Parent

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Today's Date:

## I CAN BE A PARENT WHO EMPOWERS.

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### READING: Positive Praise

Praising a child correctly is important to the development of positive behaviors. It's a great way to encourage constructive future behavior. When you give praise you are giving your child a feeling of positive feedback, which empowers your child's confidence, self esteem and abilities.

When you offer positive praise to your child, you are pointing out the way they've acted, an action they've taken, or simply who they are. When your child does anything that pleases you, let her know. You should find something each day about your child to praise.

Be on the lookout constantly for behaviors or actions deserving of praise, but don't be over the top about it. Be sincere and honest in your praise. Wait for unexpected or previously unnoticed good behavior or independence and praise your child for it.

Try to offer the praise immediately with specific information so the child will know exactly what behavior or action was deemed praiseworthy. Take the time to reinforce the positive behavior, action or trait being praised with a gesture such as a warm smile, a hug, or caress his face while you tell him.

Be exact, and state precisely what action, behavior or trait you find praiseworthy. Most importantly, never directly follow praise with criticism or negative comments. Let your child know what they did right and reward them for it before you let them know what they did wrong and punish for misbehaving or a misdeed.

So be sure to admire and congratulate your child and celebrate the good person they are growing into by praising their positive actions, behaviors and traits daily. You'll be empowering your child to build a strong sense of self and you'll grow closer as a result.

# I Can Be a Positive Parent

Today's Date:

## I CAN BE A PARENT WHO EMPOWERS.

### DESCRIPTION:

To be a more empowering parent, I will try to do the following (circle suggestions or write your own ideas):

Offer choices

Be respectful

Listen

Positive Praise

Foster  
independence

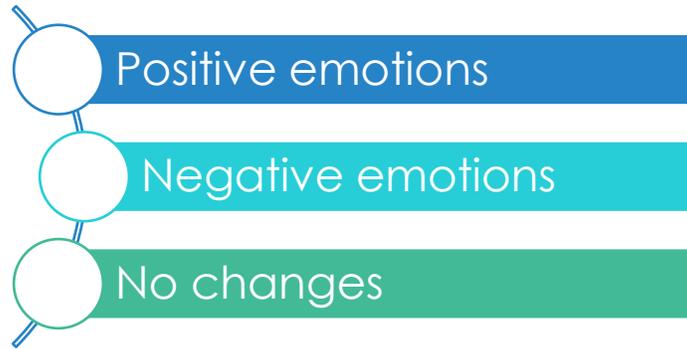
Encourage

Other ideas:

# I Can Be a Positive Parent

## REFLECTION:

How did you feel about trying to be a parent who empowers?



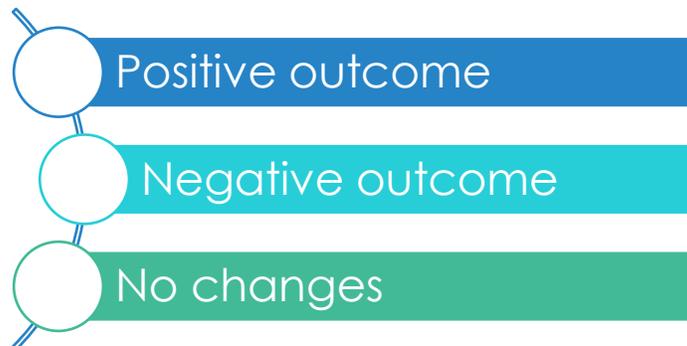
Positive emotions

Negative emotions

No changes

Comments:

What was the outcome after trying to be a parent who empowers?



Positive outcome

Negative outcome

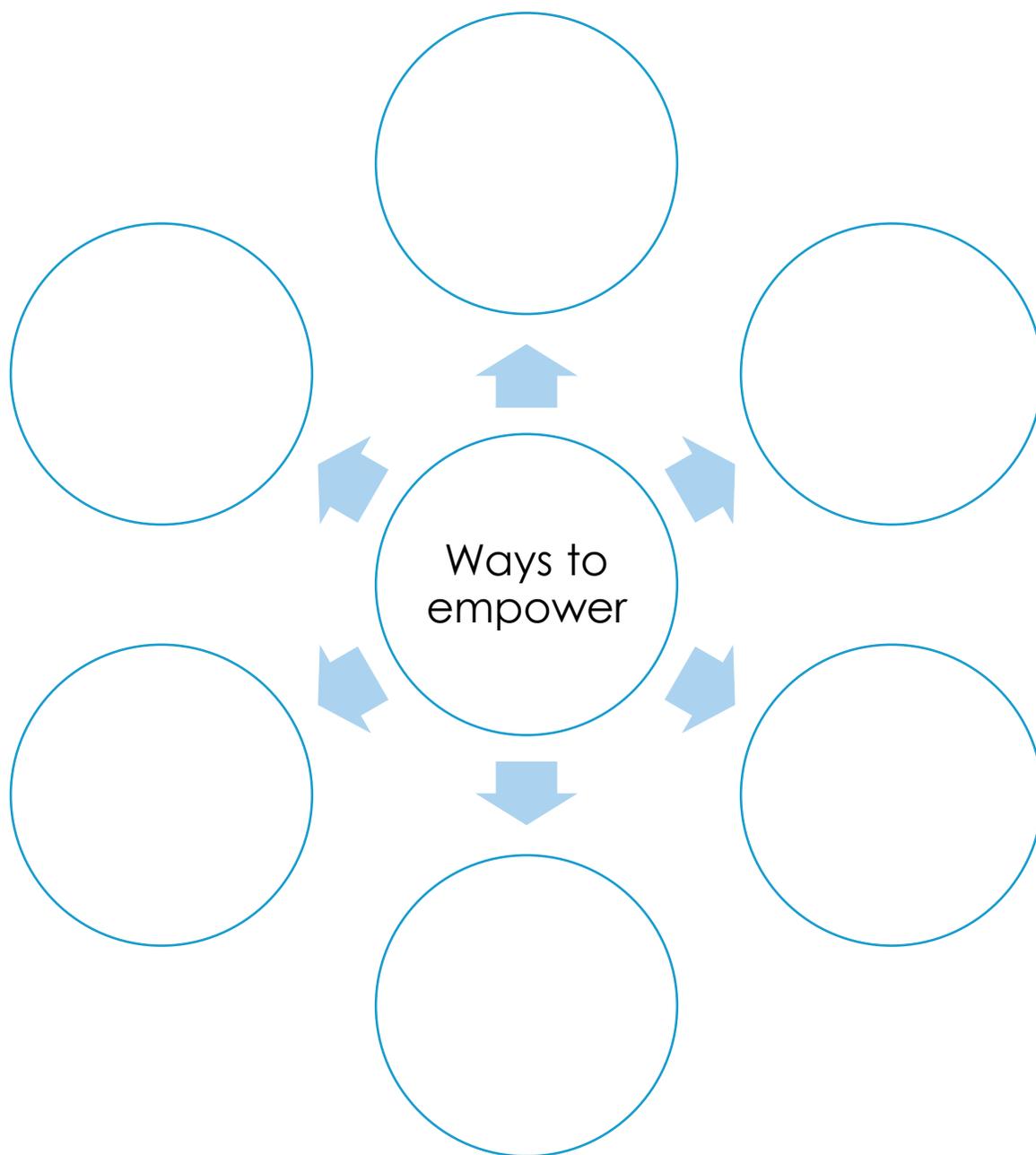
No changes

Comments:

# I Can Be a Positive Parent

## PLAN:

In the future, I plan to make the following changes to be a more empowering parent:



# I Can Be a Positive Parent

## AFFIRMATIONS FOR POSITIVE PARENTING

*I can actively listen.*

*I support my child.*

*I love being a parent.*

*I see the positive.*

*I am willing to change.*

*I can live in the moment.*

*I can offer advice when asked.*

*I am truthful.*

*I can apologize when I am wrong.*

*I am understanding.*

*I can be patient.*

*I can eat healthy.*

*I can get the rest I need.*

*I can exercise daily.*

*I stay calm under stress.*

*I am mindful.*

*I am grateful.*

*I can think positively.*

*I am respectful.*

*I foster independence.*

*I empower my children.*