

# Parenting Worksheet

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## Worksheet 1: Positive Parenting Strategies

**Objective:** To help parents develop effective and positive parenting strategies.

**Instructions:** Read the scenario, reflect on your typical parenting response, and identify and record positive parenting strategies.

**Scenario 1:** Your child refuses to eat their vegetables during dinner.

My typical response has been to insist that they finish their vegetables or use threats like no dessert.

I can provide options, such as letting them choose which vegetables they want to eat.  
I can make vegetables more appealing by presenting them creatively or as part of a game.  
I can eat vegetables enthusiastically to set a good example.

**Scenario 2:** Your teenager wants to go to a party, and you're concerned about their safety.

My usual response has been to immediately say no or be overly strict without discussion.

I can engage in a calm conversation to understand their plans and express my concerns.  
We can establish safety guidelines and curfew together, ensuring a compromise.  
I can trust them to some extent while monitoring their activities discreetly.

## Worksheet 2: Family Values and Rules

**Objective:** To define family values and establish clear family rules.

**Instructions:** Identify three core family values, create five rules that reflect these values, and ensure family members understand and agree to adhere to them through a discussion.

**Core Values:** Write down three core values that you want your family to uphold.

1. **Respect:** We value treating each other with kindness and consideration.
2. **Communication:** Open and honest communication is essential within our family.
3. **Responsibility:** Each family member is responsible for their actions and chores.

# Complete Of Parenting The Parents Question And Answer

**Christian G. Meyer**



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