Parenting Care Steps

Regulate, connect, coach the feeling, keep the limit.

Name: _____ **Date:** _____

1. Safety first

Abuse, violence or crisis? Get help first.

2. Regulate you

Check your stress before you teach.

3. Your values

The parent you want to be.

4. Connect first

A ritual or special time, not a prize.

5. Emotion coach

Notice, name, validate, keep the limit.

6. Your triggers

Map the hook. Pick a calm skill.

7. Clear limits

One direction. When-then or a choice.

8. Repair

Come back. Keep the limit if it matters.

9. Review

What worked? What will I try next?

What these worksheets are and are not

Practice pages for connection and calm limits. Not a parenting program.

Is Skill practice for parents	Stress check, coaching, limits, repair
Is not Not a treatment by itself	A diagnosis, a cure, shame, one script
Care Get help if home is unsafe	Therapist, parent coach, pediatrician

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Childhelp: 1-800-422-4453 · DV hotline: 1-800-799-7233 or text START to 88788

Not affiliated with PCIT, Incredible Years, Triple P, Kazdin PMT, CDC, AAP or Gottman Institute.

My Calm and Connected Plan

Your plan for calm, connection, limits and repair.

Name: _____ **Date:** _____

Regulate myself first

Right now my stress is (0 to 10): _____

Body signs I notice: _____

A calm skill I will use first: _____

A value I want to parent from: _____

Connection and emotion coaching

A connection ritual I will offer: _____

A feeling I notice in my child: _____

Words I can use to name and validate: _____

The limit I will still keep: _____

If my child is overwhelmed, I will: _____

Limit, repair and next step

My when-then or choice script: _____

If we had a rupture, my repair might sound like: _____

Special time plan (when, what, how long): _____

What I learned, and what I will try next: _____

A support person I can text or call: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Childhelp 1-800-422-4453 · DV 1-800-799-7233 / START 88788

More notes:

_____

_____

_____

_____

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_____

_____

Parenting Practice Log

What I tried, what helped, what I will try next.

Name: _____ **Date:** _____

Day	Situation	Skill I used	What helped	Next try
1				
2				
3				
4				
5				
6				
7				

Parenting pocket cards (cut out)

Regulate Check my body first	**Connect** Warmth before the limit	**Name it** Notice, name, validate
The limit Feeling yes, hitting no	**When-then** When this, then that	**Repair** Come back, try again
Special time Child leads, I follow	**What worked** Notice one small win	**Safety** 988 · Childhelp · DV

Not a treatment. 988 · HOME 741741 · 911 · Childhelp 1-800-422-4453 · DV 1-800-799-7233

Wins I noticed this week:

_____

_____

_____

_____

_____

_____

_____

_____

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Parenting Worksheets

Holiday sale on Etsy until Dec 2: about $9.20, was $12

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etsy.com/listing/4608090311 | instant digital download

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