

Exercise: Creating your customized Parenting Plan.

The purpose of this exercise is to practice translating your parenting intentions into concrete actions.

Column A: Go back to the five parenting priorities you listed in Chapter 10, page 191. Write one parenting priority in each box of Column A, below, followed by your detailed descriptions for that priority.

Column B: First, reread My Child Insight Statement, page 199. Next, for each priority, answer the following question: What actions or activities will foster this priority, taking into consideration my child’s age, strengths, intelligences, interests, needs, learning styles, etc.? Don’t be concerned right now with details and practicalities. For now, just dream big and let your creative mind flow. Don’t worry about how you’re going to turn your intentions into reality. There will be time for that later. Write your ideas in Column B, next to the corresponding priorities. (Leave **Column C** blank for the moment.)

If helpful, see the example from pages 204–205.

My Parenting Plan

A – Priorities	B – Actions	C – Resources
(1)		
(2)		

A – Priorities	B – Actions	C – Resources
(3)		
(4)		
(5)		

Column C: With the resources fresh in your mind from the Try This activity on page 205, go back to your Parenting Plan chart. For every action in Column B, list resources to support it in Column C. (Refer to Adi’s Column C, pages 204–205, for examples, if helpful.)