

**Exercise: Putting your toolkit to work.**

The purpose of this exercise is to practice using your toolkit. The exercise is twofold. First we want you to think about those areas of your parenting that could use a little work or attention—the ones that would improve your confidence and enjoyment of parenting. Write these in column A.

Next, look back over your toolkit and think about which tools might be most helpful in each of these areas. Write these in Column B.

An example is on page 178.

| <b>Column A:</b><br>Parenting situations I'd like to improve. | <b>Column B:</b><br>Tools I can use. |
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