








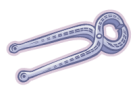


Parent Self-Reflection Inventory

Parents learn extensively from self-reflection regarding their parenting interactions with their children. Some of the skills learned in the Incredible Years Program will be easy and others may be more difficult. From your reflections you can determine your goals for what you want to do more of. Fill this out each day and reflect on what you do often and what you might want to do more of to enhance your child's social, emotional, cognitive and academic development.



This week I used these IY Parenting Tools to build my child's positive behaviors!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Fun Principle	I used the fun principle and was silly in my play times							
 Child Directed Play	I worked on describing my child's play like a sports narrator							
 Positive Modeling	I modeled being a friendly play mate by sharing and taking turns with my child							
 Social Coaching	I played with my child using social coaching							
 Persistence Coaching	I used persistence coaching to help my child stay calm and cope with his frustration							
 Listening	I validated my child's frustrated, angry or anxious feelings and then I used persistence coaching to help my child know how s/he could cope with these uncomfortable feelings							
 Emotion Coaching	I used a puppet during our play times to model emotion words							
 Ignore	I withdrew my attention, ignored the misbehavior and gave my child an opportunity to calm down when my child was too dysregulated to be open to discussion or problem solving							
	My personal goal for this week is to earn _____ stickers							

Goal: This week I will use _____ different IY Parenting Tools to build positive behaviors!