


# 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 prevent & reduce my child's inappropriate behaviors!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Clear Command	I gave my child a clear, polite, positive command							
 Redirect & Distract	I validated my child's feelings when my child was whining for something they couldn't have and then I helped them move on with a distraction or redirection							
 Establish Routines & House Rules	I helped my child follow a consistent routine this week (e.g., bedtime, morning routine)							
 Give Choices	I gave my child a choice between two options that were both acceptable to me							
 Teaching Positive Opposite Behavior	I chose an annoying behavior to ignore and praised a positive opposite behavior instead							
 Shaping	I model how to stay patient for my child when he was upset							
 First...Then	I used a "when/then" command							
	My personal goal for this week is to earn _____ stickers							

**Goal:** This week I will use \_\_\_\_\_ different IY Parenting Tools to to prevent and reduce my child's inappropriate behaviors!