



PARENTING PRINCIPLES:

8 Principles to
Raise Healthy Kids and
Build a Happy Home

WORKSHEET

APPLYING THE PRINCIPLES TO YOUR FAMILY

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Complete this worksheet in order to better understand the 8 parenting principles. This worksheet will help you think about how to implement them in your family.

Let's begin...

#1: WHY YOU NEED FAMILY EXPECTATIONS AND VALUES

1. List three values you have for your family.

2. Choose one of these values. Now, list two expectations you can think of that are in line with this value.

VALUE:

EXPECTATION:

EXPECTATION:

#2: YOU ARE A PARENT, NOT A FRIEND

1. Write about a time when you found yourself behaving more like a friend rather than a parent.

2. Write a new responsibility your child may face (such as first cell phone, first car, turning 18). Next, think about one expectation you have in this scenario.

Example:

- Milestone: getting her first car
- Boundary: if you dent the car, I will not pay to fix it

#3: BE FIRM, BUT FAIR

1. Write down one expectation you have of your child.
2. When that expectation is not met, what is the consequence that follows?

#4: MISTAKES ARE OKAY

1. What is one way you will cope with the difficulty of watching your child fall down?
2. What is one coping skill you would most like to impart to your child?

#5: KIDS WILL BE AS SUCCESSFUL AS YOU BELIEVE THEY CAN BE

1. What is one situation you have watched your child struggle with?
2. List two things that you would say to your child right now about recent successes.

#6: FOSTER A GRATEFUL HEART

1. Start by practicing some gratitude right now! List five things you are grateful for.
2. Pause for a moment and think about each member of your family. What is one moment or memory that comes up for which you are especially grateful?

#7: BE ACTIVE, NOT PASSIVE

1. List three activities you have never done as a family that you would like to try.
2. What is a previous activity you have done has a family that you particularly enjoyed?

- What past emotions might be triggering your current response?
- If you are in a negative state of mind, what can you do to feel better about your current situation?