


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 calming and support tools to refuel my parenting skills!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Calming Thought	I stayed calm and patient when my child got frustrated							
 Self Reward	I did something for myself to refuel my energy							
 Use Patience	I used some of my positive self-talk when I found myself getting impatient							
 Get Support	I called a friend to get support							
 Forgive	I forgave myself for losing my patience and apologized							
 Use Positive Imagery	I am working on positive thoughts and challenging negative thoughts							
 Humor	I used humor to turn around my child's unhappy mood							
 Ignore	I followed through with the limit I set despite my child's protests							
	My personal goal for this week is to earn _____ stickers							

Goal: This week I will use _____ different IY calming and support tools to refuel my parenting skills!