

# ***Customized Parenting***

## Parenting Plan Template

Parenting Mission Statement:

### **Communication**

Pre-communication mantra:

Communication tools we're implementing:

Off-limits words and phrases:

Words and phrases to use more:

Facial expressions, and hand and body movements we'll use to convey certain messages:

Topics we want to communicate about more:

Plans for working through topics that are hard for us to discuss:

How often we plan on discussing the state of our family communication:

### **Big Emotions**

Nicknames for difficult emotions:

Formula for processing and clearing emotions:

Daily emotion reset practices:

Parameters for emotional expression:

## **Boundaries**

Family definition of boundaries:

Core family boundaries:

My personal boundaries:

My child's boundaries:

Formula for sharing boundaries with others:

Boundary breach plan:

Daily boundary-support activities:

Boundary contracts:

## **Discipline**

Rules and consequences for the kids:

Rules and consequences for the parents:

Tantrum management plan for child:

Tantrum management plan for parents:

Conflict resolution formula:

## **Family Values**

Primary family values:

Secondary family values:

Family mission statement:

Activities to promote family values:

## **Social Life**

Favorite parent-child socializing activities:

Desired frequency of socializing:

Favorite old friends to keep in touch with:

New friendships to nurture for me:

New friendships to nurture for my child:

Qualities of an ideal friend for me:

Qualities of an ideal friend for my child:

Resolution plan for conflicts between children:

Resolution plan for conflicts between parents:

Pre-socializing preparation plan:

Why my child makes an amazing friend:

Why I make an amazing friend:

## **Family Schedule**

Morning schedule:

Afternoon schedule:

Evening Schedule:

Weekend Schedule:

Plan for transitions:

Chores for child/children:

Plan for getting child/children invested in schedule and chores:

Tasks to delegate:

## **Routines**

### **Hygiene Plan**

Handwashing:

Bathing:

Hair:

Teeth:

Sniffle, sneeze, and cough etiquette:

### **Potty Learning Plan**

Age at which we will start:

Materials we will use:

Initial techniques we'll utilize:

Plan for accidents:

Adults who need to know our plan:

## **Nutrition**

Our family food philosophy:

Plan for managing my child's eating challenges:

Plan for managing my eating challenges:

Morning eating plan:

Afternoon eating plan:

Evening eating plan:

Go-to shopping list:

## **Sleep**

My child's bedtime routine:

My bedtime routine:

Plan for creating an ideal sleeping arrangement:

Plan for moving my child through sleep challenges:

Favorite self-soothing techniques:

## **Safety Plan**

Kitchen:

Eating:

Bathing:

Play:

Sleep:

Stairs:

Car:

Park:

Parking lots:

Interactions with strangers:

Pools and other bodies of water:

Etc.:

Media Plan:

On-the-go safety kit materials:

## **Parenting Village**

Members of my parenting village:

Specific support each helper provides:

Expectations for each helper:

Criteria and budget for additional child care:

Conflict resolution plan:

Parenting village schedule:

## **BONUS**

### **Self-care**

Essential Daily Self-Care Activities:

Essential Weekly Self-Care Activities:

Essential Monthly Self-Care Activities:

Essential Yearly Self-Care Activities:

Plan to enhance my career:

Plan to enhance my creativity:

Plan to enhance my friendships:

Plan to enhance my intimate life:

Plan to enhance my spirituality:

Plan to work through barriers to self-care: