

Parenting Growth & Skills-Building Worksheet

This worksheet is designed to help you reflect on areas of growth in your everyday interactions with your child, especially around coping skills, character traits, and social skills.

For each statement, check the box that best describes your current level of practice.

Teaching Coping Skills

Skill/Practice	I Do This Consistently	I Do This Sometimes	I Rarely Do This	Not Sure / Need Ideas
I model calm behavior when stressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I help my child name their feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach coping strategies (breathing, breaks, asking for help).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I validate emotions before correcting behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We talk about mistakes as learning opportunities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Building Character Traits

Trait/Practice	I Do This Consistently	I Do This Sometimes	I Rarely Do This	Not Sure / Need Ideas
I praise effort more than outcome.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage responsibility and follow-through.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I model honesty and accountability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talk about empathy and kindness toward others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I allow natural consequences when safe and appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Supporting Social Skills

Social Skills Practice	I Do This Consistently	I Do This Sometimes	I Rarely Do This	Not Sure / Need Ideas
I role-play social situations (sharing, asking to play).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach problem-solving steps when conflict happens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I model respectful disagreement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage them to consider others' perspectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We talk about friendship, loyalty, and trust.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reflection Questions

Three things I’m already doing well:

- 1. _____
- 2. _____
- 3. _____

Skills or interactions I’d like to improve or try more often:

- 1. _____
- 2. _____
- 3. _____

Support or resources I might need:

- 1. _____
- 2. _____
- 3. _____

Final Thought: Small, consistent changes create meaningful growth. Which area will you begin with?

- 1. _____

- 2. _____

- 3. _____
