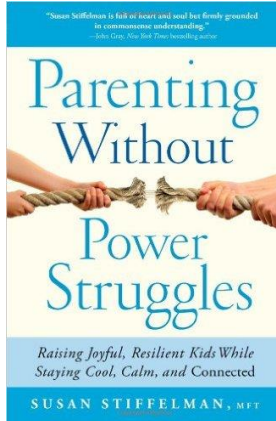


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actYOUlization worksheet



## Parenting Without Power Struggles

Raising joyful, Resilient Kids While Staying Cool, Calm, and Connected

BY SUSAN STIFFELMAN, MFT – ATRIA ©2010

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“When our children perceive us as steady and calm regardless of their moods or behavior they can relax, knowing they can rely on us to get them through the challenging moments of their lives.” ~ Susan Stiffelman

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## Creating a Strong Relationship With Your Child is the Foundation of Parenting.

1. How can you show interest in your child? What activities can you do with them that center around their interest?

2. If you were your child how would it feel to interact with how you show up as a parent? If you had a friend or boss that treats you the same way you treat your kids would you want to spend time with them? Would you feel approved of, respected, and accepted?

  
actYOUlization worksheet

**Be the Captain of Your Ship! Remain calm & plan for the storms ahead.**

1. It is time to start implementing Act 1 parenting. Think back to a recent issue you had with your child. How could you have been more understanding? Remember the key to ACT 1 parenting is connection before direction!

2. Now it is time to implement ACT 2 parenting, but only after your child/teenager feels truly understood. You can offer advice, guidance, input and information in a respectful way. Sometimes this is also when you would decide on a natural cause and effect consequence for misbehavior.

3. Plan for the storms ahead. What is your biggest recurring problem with your kids? How can you prepare yourself to respond appropriately? Is there any way you can prepare your child in advance and avoid the issue all together?