



BUILDING
Happiness

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POSITIVE PARENTING CONNECTION



Bringing More Joy Into Parenting Worksheet

What do you choose to focus on to increase your parenting happiness:

How is your relationship with your child right now? How would you like it to be?

Do you have skills to bounce back from emotionally charged situations? OR
What situations do you think might benefit most from having such skills?

Do you need more support for doing your job as a parent?
What does that support look like?

Take a moment to reflect on your purpose and goals for parenting:



Connection not perfection can bring more joy into your home.