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PARENT
RESOURCE
NOTEBOOK

MANTRA 1

SEEK TO UNDERSTAND

EXAMPLE

Child's current age: 6 years old

What are milestones for a 5-7 year old? Conduct a Google search for “developmental milestones 0-19 years old.”

Kids in this age range have a high energy level. They attempt all kinds of physical feats. They have the physical skills for game playing. They like to build and create things. They can pay attention and shift attention. They are able to give more thought to decisions. They are very interested in collecting things. They begin to see others' points of view. They show an interest in books and music. They have fewer questions but the questions are more meaningful. They want to be treated like an adult. They can accept fair punishment. They feel hurt when called names. They are proud and possessive of belongings. They worry about being liked. They enjoy talking more than cuddling with parents.

Recent milestones

Dresses himself

Sets the table

Understands what rules are

Milestone goals

Makes bed

Keeps own room clean

Keeps backpack organized

TEMPLATE #1

Child's current age: _____

What are milestones for your child's age range?

Recent milestones

-
-
-
-

Milestone goals

-
-
-
-

MANTRA 2 BEGIN AT THE END

EXAMPLE

Child's current age: 6 years old

What are traits you'd like your child to have?

- Think for oneself
- Read to entertain or inform
- Follow through on a passion
- Find motivation for an activity
- Have a conversation
- Feel compassion for others
- Listen appropriately
- Clean a room
- Organize things

Trait

- Clean a room
- Have a conversation

Goals to reach trait

- Makes bed, folds and puts away clothes, has a place for toys and belongings
- Talks about 1-2 things that happened during day. Identifies something another family member might want to talk about

TEMPLATE #2

Child's current age: _____

What are traits you'd like your child to have?

Trait

-
-
-
-

Goals to reach trait

-
-
-
-

MANTRA 3 CHOOSE TO UNICYCLE

EXAMPLE

Child's current age: 6 years old

Unicycle Chart

Skills	Tallies
1. Makes bed	
2. Finds belongings	

TEMPLATE #3

Child's current age: _____

Unicycle Chart

Skills	Tallies
1.	
2.	
3.	
4.	

MANTRA 4

ANSWER THE QUESTION ASKED

EXAMPLE

Child's current age: 8 years old

Important topic: DEATH

Answer

All living things die, but I've got lots of time to spend with you.

TEMPLATE #4

Child's current age: _____

Important topic: _____

Answer

Important topic: _____

Answer

Important topic: _____

Answer

MANTRA 5
HUNGRY. ANGRY. LONELY.
TIRED. (H.A.L.T.)

EXAMPLE

Child's current age: 4 years old

Possible ways to solve these important needs

Hungry

- Bring healthy snacks with you wherever you go.

Angry

- Say, “I see this is something that’s making you angry. What can I do to help?”

Lonely

- Offer to play a simple game for 5 undivided minutes of attention.

Tired

- Pull out a picture book and read to your child so he can begin to relax.

TEMPLATE #5

Child's current age: _____

Possible ways to solve these important needs

Hungry

—
—

Angry

—
—

Lonely

—
—

Tired

—
—

MANTRA 6

THE PRIZE IS IN THE PROCESS

EXAMPLE

Child's current age: 11 years old

Challenge: Do the dishes

Process

1. Prepare the dishes: Make sure you have them by the sink and they are scraped free of food.
2. Prepare the water and soap: Make sure the water is warm enough and you have dish soap.
3. Rinse dishes and fill the dishwasher first: Make sure you rinse off items and stick them in the dishwasher. Put the plates in the bottom, the cups on top, and the silver in the basket.
4. Wash pots, pans, and cooking dishes: Dip them in soapy water and use a scrub brush or sponge to get the food off. Put them in the dish rack to dry.
5. Wipe down the sink and your tools.
6. Put away your supplies and you're done.

When a child is doing these steps, regardless of outcome, make sure to praise a step accomplished well.

TEMPLATE #6

Child's current age: _____

Challenge: _____

Process

1.

2.

3.

4.

5.

6.

MANTRA 7

HONESTY COMES WITH TRUST

EXAMPLE

Child's current age: 13 years old

Characteristics people have

- Smile
- Sense of humor
- Hair
- Clothing style
- Hobby
- Passion

How to show similarities

“When you smile like that, you remind me so much of myself.”

“I know you like sweatshirts like I do, so I got you one too.”

TEMPLATE #7

Child's current age: _____

Characteristics people have

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-
-
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-
-
-
-

How to show similarities

MANTRA 8

LET MY DECISION STAND

Say it once and mean it. Kids take things literally, so ask for exactly what you want to have happen.

EXAMPLE

Child's current age: 9 years old

What you want

A clean playroom

Food and plates back in the kitchen

What you'll say

“Pick all the Legos off the floor and put them in the containers where they belong.”

“Please move the two glasses, bag of chips, and crumbs to the kitchen sink and trash.”

TEMPLATE #8

Child's current age: _____

What you want

What you'll say

MANTRA 9

THE WORLD REALLY IS DIFFERENT

EXAMPLE

Child's current age: 16 years old

Device: iPhone

Ways to use device productively

Using a GPS to plan a trip

Checking a weather app to see how to dress for the day

Leaving a message on Voxer for a study group

Reading a book on the Kindle app

Listening to a podcast that helps you learn more about a topic

TEMPLATE #9

Child's current age: _____

Device: _____

Ways to use the device productively

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-
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-
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MANTRA 10

INSTINCT TRUMPS RULES

EXAMPLE

What happened? Who was involved?

My son was born and my mother thought breastfeeding wasn't necessary. Every time I pumped, she acted like I was wasting my time. I finally decided breastfeeding was too difficult and gave my son formula which was okay for him but not what I wanted.

How did you feel?

I felt unsure of myself and like no one was respecting my wishes. I didn't feel supported. I wish I'd found someone who could have helped me breastfeed instead of relying on someone who didn't think it mattered.

People who build you up

Make a list of people who are a good support system for you.

- NICU nurse
- Friend who breastfed her three children

TEMPLATE #10

What happened? Who was involved?

How did you feel?

People who build you up

Make a list of people who are a good support system for you.

-
-
-
-
-

