

PRACTICAL PARENTING

INSTRUCTIONS FOR MY PARENTING PLAN (Appendix)

(please refer to the instructions and figure below)

Effective Parenting Worksheet

1. Begin by identifying the seven topics that are your highest priorities by inserting the number in the PRI column.
2. Think about the challenges these topics present to you in becoming a more effective parent. You probably have a better understanding of some of the topics since you first made your notes.

Effective Parenting Plan

1. Using your Group Member Guide, your Worksheet and the Example below, jot down three steps you can take to meet the challenges of your top priority.
2. Discuss your steps with your classroom partner. Are they SMART steps to take?
3. Once you both feel you understand how to write steps toward your goals, complete the Plan and discuss it with your partner. Call on your facilitator if you have questions.

EXAMPLE

LESSON	Topic		Why this is challenging for me	PRI
1--Watch Your Mouth	A	Freedom in forgiveness	My father was abusive and he walked out on the family.	1

This person chose Forgiveness as her most challenging topic. She'll be most effective if she takes SMART steps in her Plan.

- **Specific**— “what is to be done?”
- **Measurable**— “will progress be observable?”
- **Achievable**— “can it be done?”
- **Relevant**— “should it be done?”
- **Time Oriented**— “when will it be done?”

Not every question will apply to every topic, but these are questions we need to ask of our tentative steps. Here's an example for what her steps might look like.

MY PLAN FOR BECOMING A MORE EFFECTIVE PARENT

NAME:		
PRI	Topic	Steps
1	1A	1) Begin praying today for Dad and my attitude towards him. 2) Write him a letter within two weeks, telling him I forgive him. 3) Share my Plan with an accountability partner at our next meeting.