

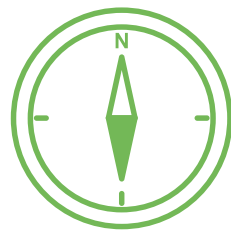
GUIDELINES TO PARENTING SUCCESS

Workbook


MODULE 1



WHAT'S YOUR DESTINATION?



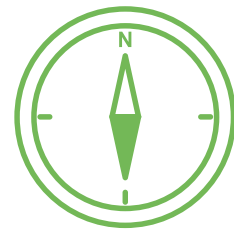
WHAT'S YOUR DESTINATION?



“There is no way to be a perfect mother, and a million ways to be a good one.”

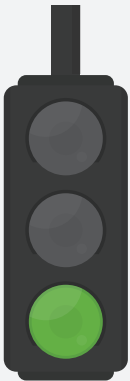
Jill Churchill

WHAT'S YOUR DESTINATION?



WHAT'S YOUR DESTINATION?

GREEN/LOVE/GO



Green focuses on the expression of love and the commitment to using positive communication.

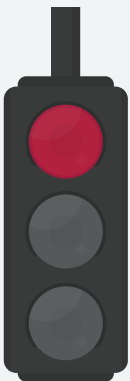


MILE MARKER
The Mile Marker symbolizes encouragement and consistency.



PARK AND RIDE
Park and Ride symbolizes the need for creative solutions.

RED/AUTHORITY/NO



Red focuses on authority and the power of saying no to protect our boundaries.

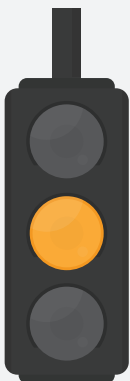


ALL-WAY STOP
All-Way Stop symbolizes the skills we need to prepare for and deal with conflicts.

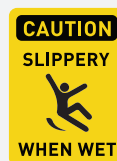


DO NOT ENTER
Do Not Enter symbolizes the power of minimizing and preventing the triggers that lead us to our own personal Do Not Enter zones and the self-control needed to accomplish that.

YELLOW/TRUST/SLOW



Yellow focuses on creating trust and the ability to assess and make decisions.

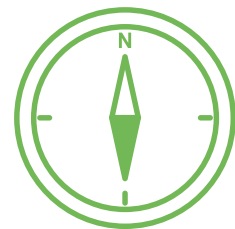


SLIPPERY WHEN WET
Slippery When Wet reminds us to slow down in dangerous situations and to make self-care a priority.



INTERSECTION AHEAD
Intersection Ahead symbolizes preparation for upcoming changes and transitions in our lives.

WHAT'S YOUR DESTINATION?



WHAT'S YOUR DESTINATION?

EXERCISE 1 YOUR PARENTING ROADMAP

The following questions will prepare you for the Parenting Roadmap exercise. These questions will help clarify who you are as a parent and what you want to add to your roadmap as your destination goals.

1. I am a _____ parent.
2. I want to become a more _____ parent.
3. My child(ren) think(s) I am a _____ parent.
4. I provide a(n) _____ environment for my child(ren).
5. My disciplinary style is _____.
6. One thing I will never do as a parent is _____.

WHAT'S YOUR DESTINATION?

Creating a Parenting Roadmap can seem like a daunting task, so here's a great example to help you get started. This is what one of the moms from my group wrote in the very last page of the roadmap she created.

WHAT'S YOUR DESTINATION?

YOUR FINAL PARENTING ROADMAP
Look through the answers you wrote down for each of the roadmap sections of Be, Do, and Feel.
Narrow down each section to two or three sentences describing your top destinations for each area.
Write down these statements below and keep them in a place easily accessible to you.
Use these sample sentence structures to create your own:

I want to be _____ when I am _____.

Example: "I want to be calm and loving when I am putting the kids to bed each night"

I want to be patient when my kids are being difficult.
I want to be easy to talk to when the boys need to chat.
I want to be loving when the boys make mistakes.

When I _____ I will _____.

Example: "When I am commuting to work, I will listen to audio-books because I love listening to stories"

When I am driving the boys to school I will turn off the radio and talk.
When I am cooking dinner I will involve the boys and have fun.
When I come home from work I will take a moment to clear my head.

When _____ happens, I want to feel _____.

Example: "When Kayden starts to walk, I want to feel proud of his accomplishments."

When Dylan makes a new friend I want to be happy he's socializing.
When Thomas creates a new project I want to feel happy he's creating.
When the boys argue I want to feel in control of my emotions.

ATARA MALACH

Can you see how it all comes together in the end?

WHAT'S YOUR DESTINATION?

Answer the following questions to clarify your Parenting Roadmap and your desired destination for this program. Once you've completed answering the questions, condense each section to two or three main statements to enter into your final roadmap on page 8 of this Workbook.

SECTION 1

WHO DO YOU WANT TO BE?

1. What type of mother did you picture yourself being before you had children?

2. What kind of working mother would you be if you knew you couldn't fail or make a mistake?

3. What makes you genuinely happy as a mother?

4. What are your top three personal values?

5. How would you like your children and family members to perceive you as a mother?

6. What personality traits do you admire most in the women in your life?

7. Think of the most prominent mother figure you've had in your life. Which of her strengths do you admire most?

8. Think of the most prominent mother figure you've had in your life. Which of her weaknesses do you want to avoid?

WHAT'S YOUR DESTINATION?

SECTION 2

WHAT DO YOU WANT TO DO?

1. If you didn't have to work at all for financial reasons, what would you do?

2. What are the activities during which you most often lose track of time with your children?

3. What did you love doing for fun as a child?

4. What's something you've always wanted to try with your family at home?

5. What are some of the things you've done at home that you are most proud of?

6. When you catch yourself daydreaming about doing something you enjoy, what do you find yourself thinking of?

7. If you could restructure your time at home while being a working mom, would you do anything differently? If so, what?

8. If you could change one thing about your interactions with your children, what would it be?

WHAT'S YOUR DESTINATION?

SECTION 3

HOW DO YOU WANT TO FEEL?

1. How do you want to feel when dealing with a difficult situation with your children?

2. How do you want to feel while you're putting your children to bed?

3. How do you want to feel as you walk up to your workplace?

4. How do you want to feel when you're taking time for yourself?

5. How do you want to feel as you do the routine things in your life (e.g. chores, household duties, or running errands)?

6. How do you want to feel while you're solving a problem?

7. How do you want to feel when you're disciplining one of your children?

8. How do you want to feel when you're talking to your partner?

WHAT'S YOUR DESTINATION?

SECTION 4

YOUR FINAL PARENTING ROADMAP

Look through the answers you wrote down for each of the roadmap sections of Be, Do, and Feel. Narrow down each section to two or three sentences describing your top destinations for each area. Write down these statements below and keep them in a prominent place in your home. Use these sample sentence structures to create your own:

I want to be _____ when I am _____

Example: "I want to be calm and loving when I am putting the kids to bed each night."

When I _____ I will _____

Example: "When I am commuting to work, I will listen to audio-books because I love listening to stories."

When _____ happens, I want to feel _____

Example: "When Kayden starts to walk, I want to feel proud of his accomplishments."

WHAT'S YOUR DESTINATION?

SECTION 5 REFLECTING ON YOUR ROADMAP

I know the roadmap exercise is an intense one. Be proud of yourself for completing it! Choosing a parenting destination and marking it on the map is a huge first step in the journey of achieving clarity and direction in our lives.

Let's go through and brainstorm a bit about your completed roadmap:

1. What is the price you might pay?

2. What part of your parenting destination feels attainable?

3. What part of your destination feels like it could be too difficult?

4. Is your parenting destination something you truly want, or is it something you think you should have or should be doing? (Tip: If it is a should, it may be someone else's dream.)

WHAT'S YOUR DESTINATION?

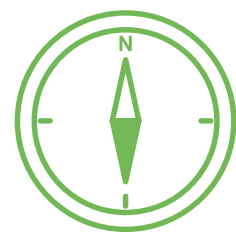
5. When you think about your parenting destination, does it give you a sense of deep contentment or rightness, happiness, and/or excitement? (If so, these are good signs that it's a healthy one.)

6. What's good about your current situation? (i.e. What's the benefit of staying right where you are?) Then ask yourself, how can I keep those good aspects while still making this change?

7. What might you have to give up/stop doing to achieve this goal? Essentially, what's the price of making this change, and are you willing to pay it?

8. What short-term milestones have you identified to mark your progress towards your parenting destination?

WHAT'S YOUR DESTINATION?



WHAT'S YOUR DESTINATION?

GREEN



PARENT ARCHETYPE • GREEN

A Green parent naturally operates from a place of least resistance. Green parents are the ones who often have no patience for fighting, so they readily give in to their children. They prefer to prevent conflicts at all costs, even if it means agreeing to the easiest compromise (like serving cereal for supper). This doesn't mean that Green parents don't get frustrated or never use discipline; it's just that they often feel overwhelmed and choose to parent with 'yes' out of a need for the easiest short-term solution.

STRENGTHS:

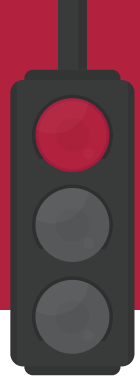
- Create strong relationships with positive communication
- Are proficient at creating routines and consistency
- Have creative problem solving skills

WEAKNESSES:

- Have a hard time saying no
- Have difficulty accomplishing goals without routines in place
- Can be too creative with their solutions

WHAT'S YOUR DESTINATION?

RED



PARENT ARCHETYPE • RED

Red parents have very black-and-white thinking. When it comes to behavior, they believe there is a right and wrong way to behave; very black and white. They can be quite stubborn when it comes to changing their minds and are comfortable creating boundaries and saying no. Often the Red parent is the one who is in charge within the family, and many see themselves as the organizers of the household activities.

STRENGTHS:

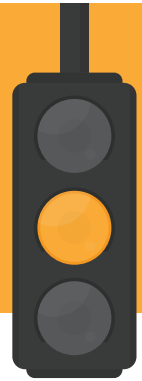
- Create clear and necessary boundaries for themselves and their children
- Are comfortable dealing with and preventing conflict
- Are proficient at avoiding the Do Not Enter zones for themselves and their children

WEAKNESSES:

- Tend to be inflexible with regard to rules
- Have a tendency to fix all conflicts
- May have unrealistic expectations of themselves and their children

WHAT'S YOUR DESTINATION?

YELLOW



PARENT ARCHETYPE • YELLOW

A Yellow parent adapts quickly to situations and feels comfortable allowing space for the people involved. They are adept at making split-second decisions. They make their children's responsibilities and independence a priority. A Yellow parent makes sure that they take time for themselves and are usually involved in a personal hobby or activity.

STRENGTHS:

- Are proficient at making decisions and comfortable giving age-appropriate responsibilities
- Make self-care a priority and don't feel guilty about it
- Identify and plan ahead for upcoming transitions and situations

WEAKNESSES:

- See so many choices in a situation that it's hard to make a decision
- May seem to be uninvolved with their children because they're busy taking care of themselves
- Often give their children too much responsibility before they're ready for it