

BRAINSTORM/BUZZ

Reward Yourself!

Think about rewarding yourself. Have you ever used an incentive system to reward yourself for accomplishing difficult tasks or goals, like completing a difficult project, or working hard as a parent? Think about ways you could reward yourself for your hard work as a parent, and list below.



Good Incentives for Me:

Examples:

A walk in the park

Tea or coffee with a friend

Warm bubble bath

Do yoga

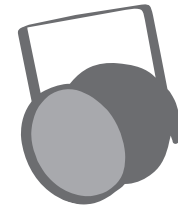
Goal:

I will commit to doing something positive for myself this week. This will include:

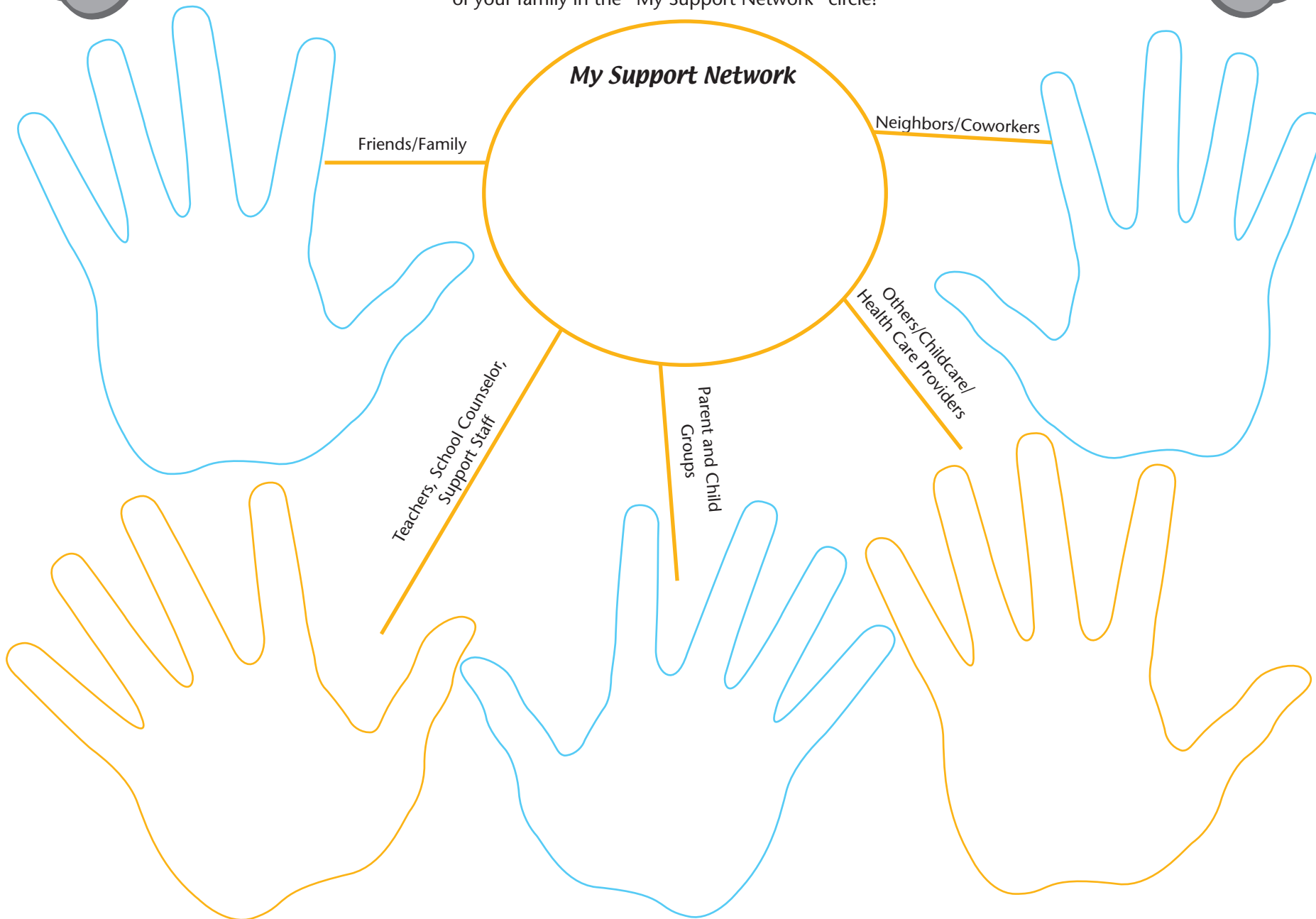
Spotlighting Parent Support Network

Who can lend a helping hand?

Think about people in your support network. Each hand represents a different group of people. Write in each hand specific people from that network who can help provide support to you and your child! You can draw or paste of picture of your family in the "My Support Network" circle!



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Program Handouts

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Positive Self-Praise

Brainstorm possible self-praise you can use to encourage yourself as a parent.
Write these statements on your notepad.



I can do it
I am working hard a a parent
I can stay calm



Goal:

I will commit to thinking about what I am doing well as a parent each day and using two of the above examples.
