

Afterschool Parenting Plan

MODERN PARENTING HUB

Strategies that I will implement:

(Select which strategy you will use, writing examples below that will work best for your family.)

Disconnection (Parent: Breathe, tea, meditation, calming walk)

Connection (Hug, kiss, affirmation)

Basic needs (Snack, Water.)

Time to reset (Alone Time or Time together)

Disconnect (Family: Put away electronics)

Play:

Eat Together: (Ask about days, conversation.)



Did I remember to:

- Make eye contact
- listen with intent?
- Leave the questions for later?
- Spend time connecting at bed time?

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Strategies Chosen

Implementation

	M	T	W	T	F
<input type="checkbox"/> Disconnection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Connection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Basic needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Time to reset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Disconnect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Eat Together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>					