



**the parent practice**  
*change your parenting story*

# 30 Days to Positive Parenting Course Checklist

Please Tick The Check Box As You Complete Each Day's Task

Day	Course topic	Tick	Day	Course topic	Tick
1	Begin with the end in mind	<input type="checkbox"/>	16	Influence vs Power	<input type="checkbox"/>
2	Good behaviour	<input type="checkbox"/>	17	Take Two's	<input type="checkbox"/>
3	The magic ratio	<input type="checkbox"/>	18	Mistakes	<input type="checkbox"/>
4	The Golden Book	<input type="checkbox"/>	19	Self reliance	<input type="checkbox"/>
5	The Pasta jar	<input type="checkbox"/>	20	'I' statements	<input type="checkbox"/>
6	Be an emotion coach	<input type="checkbox"/>	21	Give choices	<input type="checkbox"/>
7	Naming emotions	<input type="checkbox"/>	22	Intentional Language	<input type="checkbox"/>
8	Chat throughs	<input type="checkbox"/>	23	Special time	<input type="checkbox"/>
9	3 stage approach	<input type="checkbox"/>	24	Sibling Harmony	<input type="checkbox"/>
10	Be a time realist	<input type="checkbox"/>	25	Bickering	<input type="checkbox"/>
11	Family meetings	<input type="checkbox"/>	26	Temperament	<input type="checkbox"/>
12	Bribe vs Rewards	<input type="checkbox"/>	27	Say 'No'	<input type="checkbox"/>
13	Rewards	<input type="checkbox"/>	28	Shed the Should's	<input type="checkbox"/>
14	Family values	<input type="checkbox"/>	29	Realistic Expectations	<input type="checkbox"/>
15	Rules	<input type="checkbox"/>	30	Being or Having a problem?	<input type="checkbox"/>