Kid Matters Counseling P.C.

Parent's Chart



Behavior	M	T	W	T	F	S	S
Hugged my kid "just because" 							
Helped my kid with a chore. 							
Took a 3 calming breaths today 							
Played or was playful with my kid today 							
Apologized with specifics when I got it wrong today 							
Showed grace to my kid when they got upset 							
Did something silly just to make my kid laugh 							

Kid Matters Counseling P.C.

PARENT'S CHART



BEHAVIOR	M	T	W	T	F	S	S
							
							
							
							
							
							
							