



Parenting 2.0 – Homework Week 3 – The House of Cards

The goal of homework this week is to help you identify the weak cards in your house, in hopes of helping solve some of the problems and stressors you're facing.

Part 1: Assessment

Please take at least 4-5 days to complete the following chart identifying the situations and times that posed problems for you and led to you feeling overwhelmed and stressed out. Write down what was happening before this happened and then what caused it to 'explode' (so to speak).

Day	Event Description

Part 2: Solutions

Take each of the situations you've identified and try to group them according to them. Most commonly the themes include:

- household chores
- children fighting/struggles
- work-related
- being tired

There may be more for you and we can discuss in office hours if you like.

Looking at the chart below to identify the areas you may be able to implement for each theme. Pick one or two and spend the next few days trying to regularly implement it to see how it works for you and your family. Do NOT try to do too much at once, but really pick one or two *maximum* and wait until those are settled in your routine before trying something new.

Household Chores	<ul style="list-style-type: none"> ● Cleaning only once per day at a set time (or even two times, but at set times) ● Minimize what is out for the kids ● Have a dedicated "messy" space ● Get away from the house more often
Children Fighting/Struggles	<ul style="list-style-type: none"> ● Focus on the control you have to be pre-emptive by reminding them of certain behaviours ahead of time ● Be aware of the primary causes for fighting (including hunger) and try to make sure those are not in play ● Get the kids out of the house ● Create a list of shared activities that you can do with the kids that they enjoy and keep it handy for these moments when things go wrong
Work-Related	<ul style="list-style-type: none"> ● Structure your time in small chunks if you are working from home so you have dedicated work time with someone else watching the kids or make sure they are occupied as needed for as long as you need ● Do not book work when you know the kids will need you ● Do not try to do work while with kids because it leads everyone to feeling off and work doesn't get done and the kids don't get that connection
Being Tired	<ul style="list-style-type: none"> ● Try to work in power naps during the day when possible ● Consider guided meditations during the day when the kids are playing ● If you can get a sleep-in now and again, book that as a regular thing with your partner or support person ● Don't try to overdo it on days you're tired (i.e., pick easy activities that won't stress you out)