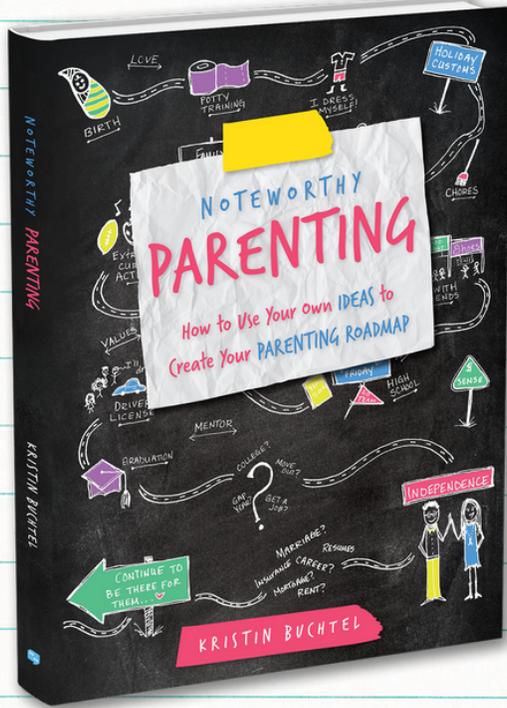


BOOK CLUB

Discussion



NOTEWORTHY PARENTING

How to Use Your Own
IDEAS
to Create Your Parenting Roadmap

by Kristin Buchtel

I hope to inspire parents to embrace their own unique ways of parenting and empower them to create plans to make it happen!

---K.B.

Before you Begin...



- Consider having sticky notes, and pens handy for any parenting inspiration individuals may wish to note! If you'd like, print copies to use as a workbook.
- All should read the Introduction and the How to Use This Book Section.
- Encourage note-taking and writing in books as needed!
- Use the graphics and questions only as a guide! Encourage discussions and detours as needed!
- [Noteworthy Parenting](#) and the [Noteworthy Parenting Roadmap](#) are available on Amazon.com or wherever books are sold!



For more Parenting Tips, and Inspiration check out NoteworthyParenting.com or follow @NoteworthyParenting on...



Chapter 1: Start Your Roadmap With IDEAS

- What ages are your kids?
- What concerns do you have for your parenting journey?
- Who are the people in your parenting network?
- What are your favorite parenting resources?
- How do you manage important household information?



NOTES



Chapter 2: IDEAS in Action: Bedtime Routine

- What is your biggest parenting concern?
- Share how you would take it through the process...

PARENTING GOAL:



DEVELOP STRATEGIES:

BRAINSTORM
OBSERVE OTHERS
RESEARCH



ENLIST OTHER PARENTS:

FAMILY
EXPERTS
PARENTING NETWORK



AUTHOR YOUR ROADMAP

WORK TOGETHER AS A
PARENTING TEAM.

WRITE YOUR PLAN DOWN.

WHERE WILL YOU KEEP YOUR
NOTES?

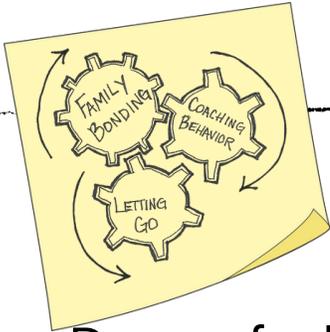
SOLUTIONS:

HOW OFTEN WILL YOU REVISIT YOUR PLANS?

- TO TWEAK IF NEEDED
- TO UPDATE AS NEEDED



Chapter 3: The 3 Gears of Parenting



- Do you feel any gear is more important than the others? Why?
- What are some of your favorite family bonding activities? In what ways do they connect your family members?
- Share your thoughts on the mindset of “coaching Behaviors” in this section and any connections or ah-ha moments around teaching and disciplining kids that came to you.
- How does having a parenting plan help parents with the process of letting go?

WHAT ARE YOUR FAVORITE WAYS TO "COACH BEHAVIORS"?

READ STORIES

ROLE PLAY

CHECKLISTS

GAMES

OFFER CHOICES

OTHER:

Hand-drawn horizontal lines for writing answers.

STRICT

• KNEE JERK REACTIONS
• OVER THE TOP
• "GROUNDED FOR LIFE"



LENIENT

• OVERWHELMED
• FATIGUED
• IGNORE PROBLEM



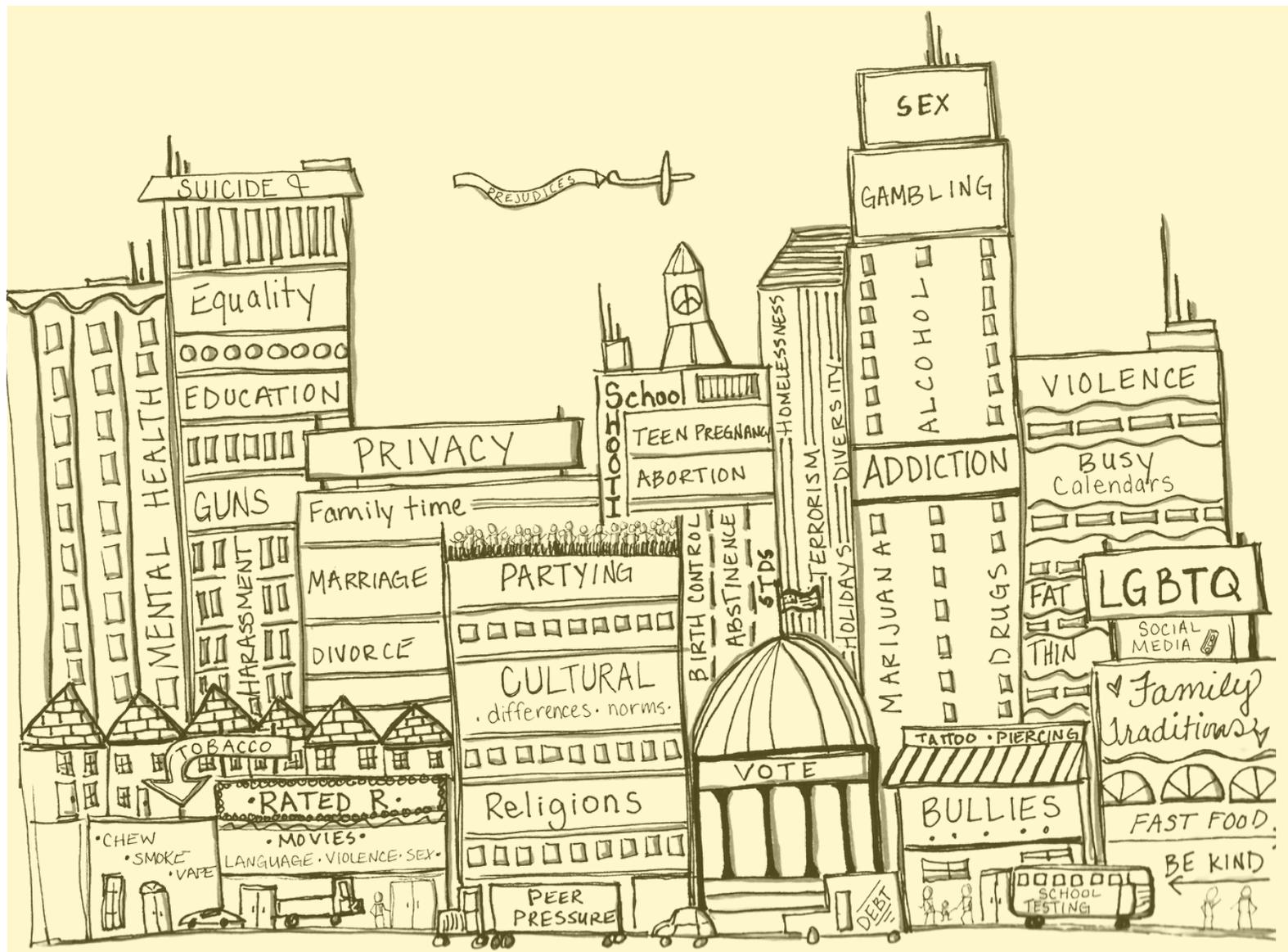
BALANCED

PARENTING PLAN
 UPDATE TO MAINTAIN BALANCE
 NO REGRETS



Chapter 5: The Ever-Changing Social Climate

- Looking at the topics in the sketch below from pg 112, what topics stand out to you as ones you would like to prepare for?
- In preparing for the topics you would like to discuss with your kids, what are 2-3 bullet points you want to touch on? What resources will you need?
- When will you plan to talk with your kids?



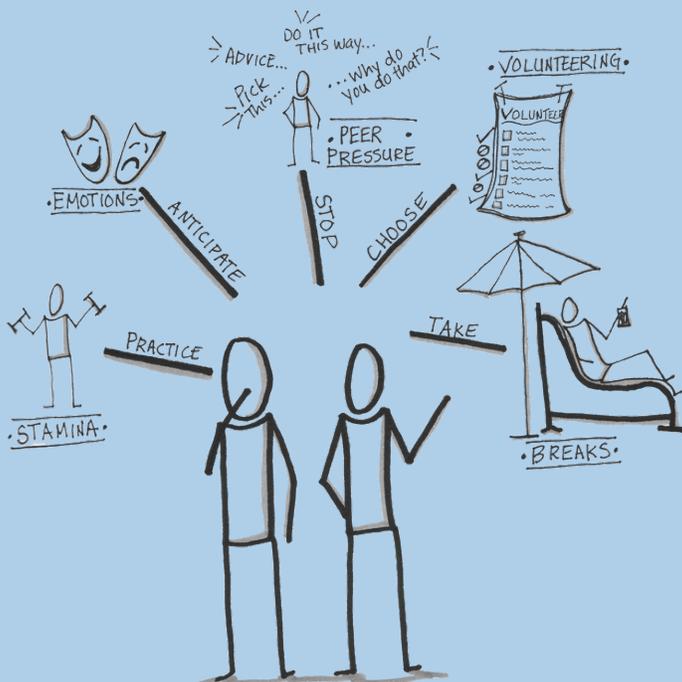


Chapter 6: Parents - A Look at Ourselves

- What makes parenting difficult for you?
- Which parenting topic stood out to you in the chapter, and why?
 - Parenting Stamina
 - Parenting Emotions
 - Parenting Peer Pressure
 - Parenting Breaks
- Why is it important to take a look at ourselves as we parent?
- What is the difference for you between being perfect parents and being the best parent you can be?

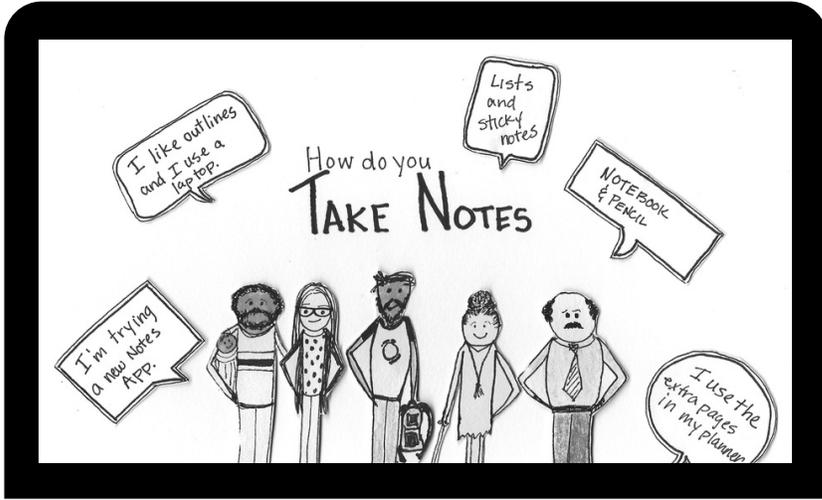
SUMMARY

• CHAPTER 6 •

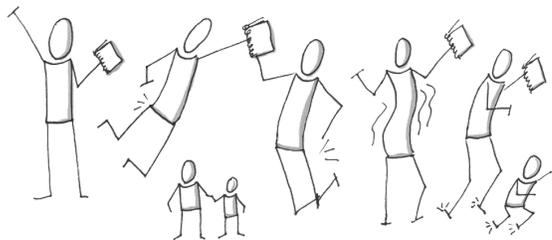


NOTES

Chapter 7: YDY - Your Unique Parenting Roadmap



- YDY! You do You!
How will you get started?
- How will you check in and update your Plans?



BEGIN!!

HOW WILL YOU SET UP YOUR PARENTING ROADMAP?

NOTEBOOK

USE THE COMPANION JOURNAL

USE A NOTES APP

WHAT CATEGORIES WORK BEST FOR YOU?

Eight horizontal, rounded rectangular boxes with wavy ends, stacked vertically, intended for writing category names.