

Positive Pandemic Parenting

ACTION PLAN



Needs Assessment

What are my needs?

What does my family need from me?

What are my work responsibilities?

Webinar Strategies

Strategies to manage feelings of stress, overwhelm and burnout:

Ideas for practicing self-care:

Webinar Strategies

Working from home strategies:

Parenting quick tips and strategies:

Strategy Development

What is one thing I can do right now to take care of myself?

What positive parenting practices will help my children right now?

What are 2-3 strategies that I can use to fulfill my work obligations?

MY DAILY PLAN

DATE:

DAY:

TO-DO LIST:

☐☐☐☐☐☐☐

NOTES:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

Daily Planner

Date _____

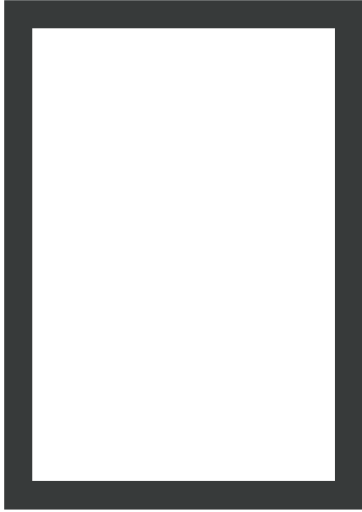

M T W T F

Time	Agenda	Projects
9		
10		
11		
12		
1		
2		
3		
4		Notes
5		
6		
7		
8		
9		
10		




WEEKLY EXPECTATIONS CHART

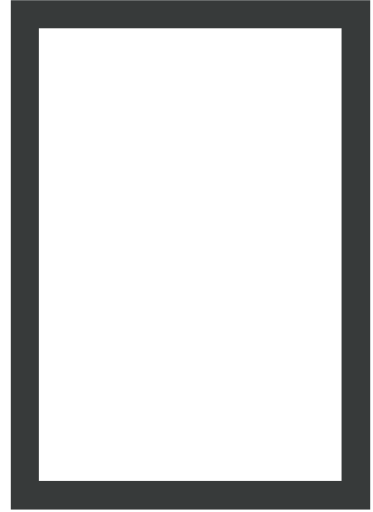
MONDAY



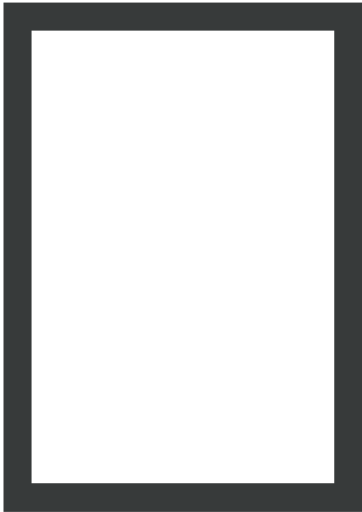
TUESDAY



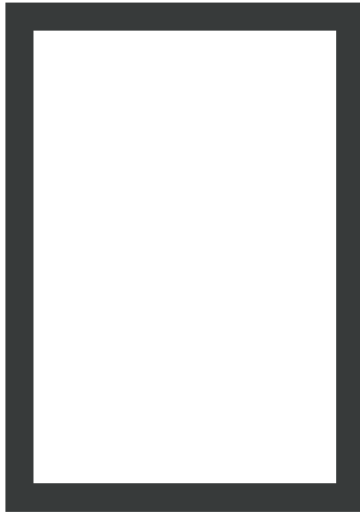
WEDNESDAY



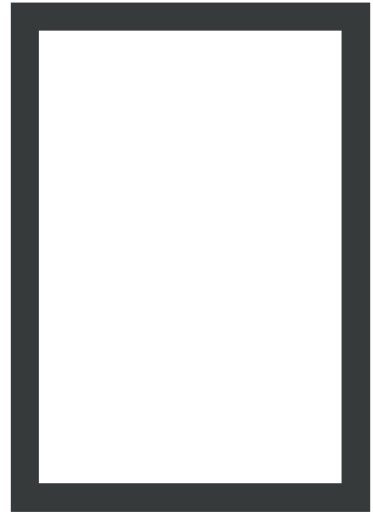

THURSDAY




FRIDAY

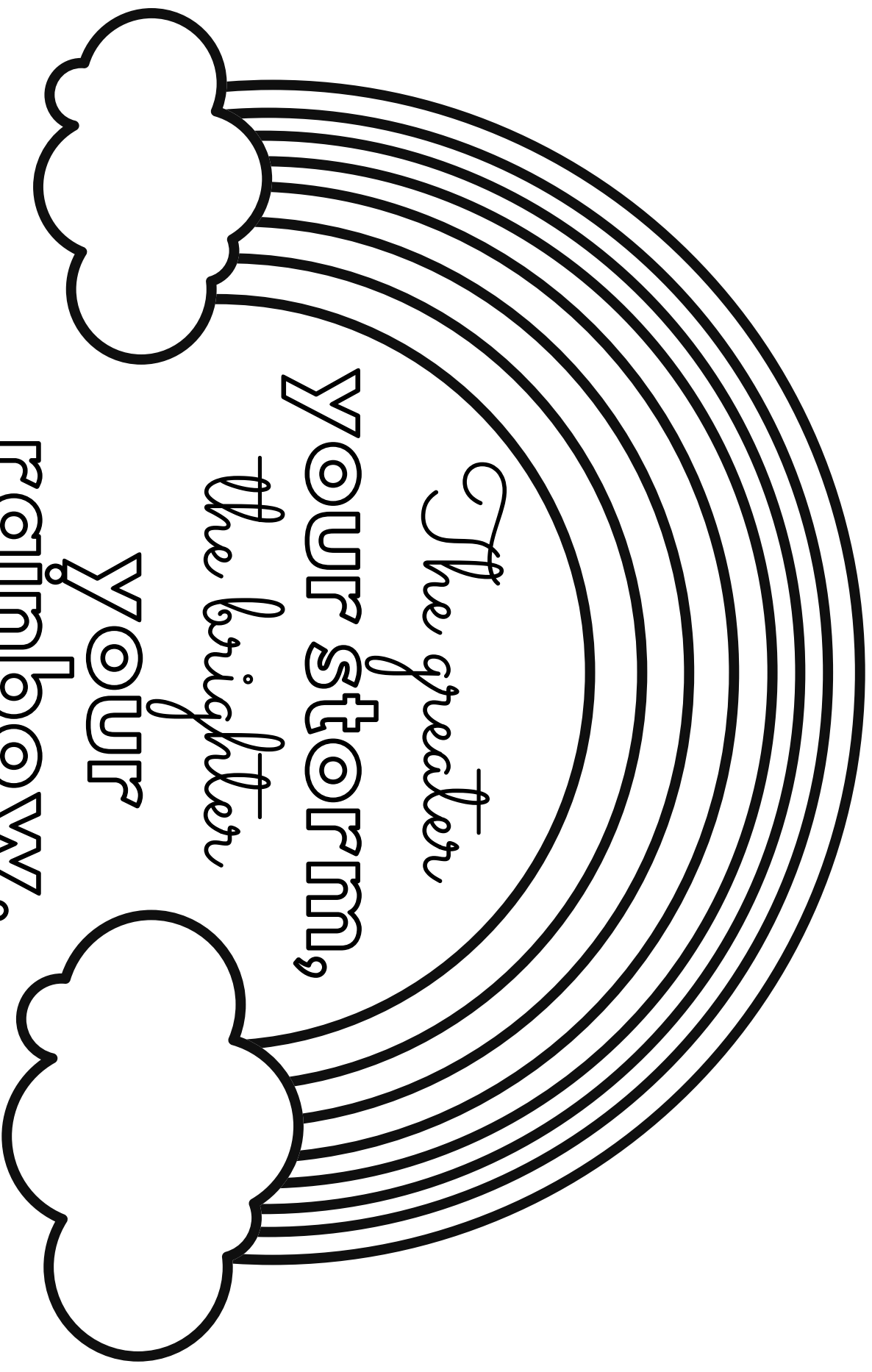


SATURDAY



NOTES





#mhscares

#connectedcoloring

The greater
your storm,
the brighter
your
rainbow.
— ANONYMOUS



WHAT
DEFINES
US IS
HOW WELL
WE RISE
AFTER
WE FALL.

#mhscares
#connectedcoloring

— Lig Liglar