


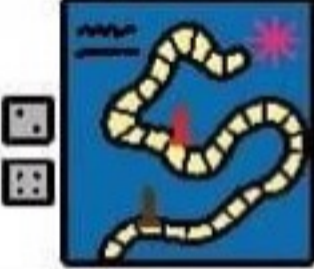
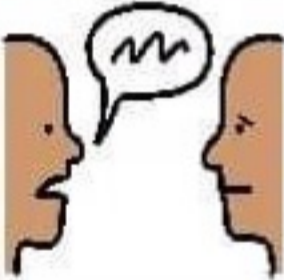




Parent's Chart

	M	T	W	TH	F	S	S
<p>Hugged my kid for no reason</p> 							
<p>Helped my kid clean their room</p> 							
<p>Took a calming breath before talking</p> 							
<p>Played a board game with my kid and had fun</p> 							
<p>Apologized when I got upset</p> 							
<p>Showed GRACE to my kid when they got upset</p> 							
<p>Did something silly, just to make my kid laugh</p> 							
<p>Did something just for me, because when I am not calm neither is my kid</p> 