



Guiding Your Parenting: Values, Goals & Expectations Worksheet

Step 1: Collaborating with Your Parenting Partner

For a cohesive and consistent parenting approach, it's crucial that all parenting partners are on the same page regarding family values, goals, and expectations.

Suggested Approach:

1. Complete this worksheet individually first. This allows each parenting partner to reflect on their personal values and goals without outside influence.
2. Come together to compare answers. Discuss areas where you align and where you may need to compromise.
3. Create one unified version. The goal is to establish a shared parenting philosophy so that expectations are clear, consistent, and reinforced across all caregivers.

This process reduces conflicts, strengthens teamwork, and provides children with a predictable and stable environment.

Step 2: Visualizing Your Ideal Family Life

Think about your perfect weekday morning, weekday evening, or weekend day with your family. Picture how you would like things to look in an ideal scenario.

As you write, consider:

- What are your children doing?
- How are they interacting with each other and with you?
- How do you feel as a parent in this moment?
- How are you communicating with your family?
- What emotions and atmosphere fill your home?

Writing Prompt: *In an ideal world, a morning in my home would look like...*

Your Answer:

Step 3: Defining Your Parenting Values

Your values shape the way you parent and the kind of family environment you create. Take a moment to reflect on what matters most to you in raising your child.

1. What qualities do you want to instill in your child?

(e.g., kindness, independence, respect, responsibility)

Example: "I want my child to be responsible and independent, so I encourage them to take ownership of their chores and daily tasks."

Your Answer:

How do you currently incorporate this into your home? (e.g., morning, after-school, or evening routines)

2. What kind of family environment do you want to create?

(e.g., structured, flexible, calm, playful)

Example: "We value a calm and structured home, so we follow consistent daily routines and use gentle discipline techniques."

Your Answer:

How do you currently incorporate this into your home?

3. What are your top three non-negotiable values when it comes to parenting?

Example: "Honesty is a priority in our home, so we always encourage open communication and model telling the truth."

Your Answer:

How do you currently reinforce this in your home?

Step 4: Setting Family Goals

Now that you've visualized your ideal family life and defined your values, consider the specific goals you want to achieve. These should reflect both long-term aspirations and short-term improvements.

1. What long-term goals do you have for your family?

(e.g., "We want to raise independent and respectful children.")

Your Answer:

2. What short-term goals would help improve daily family life?

(e.g., "We want to create a peaceful morning routine by next month.")

Your Answer:

Step 5: Establishing Family Guidelines

Expectations guide the daily flow of your home. Consider what specific behaviors, rules, and habits will help you meet your values and goals.

1. How do you expect your child to behave in different settings?

(e.g., at the dinner table, with guests, in public)

Example: "During meals, we all sit together at the table with no screens, and we take turns talking about our day."

Your Answer:

How do you currently reinforce this?

2. What household responsibilities do you expect from your child, and at what age?

(e.g., cleaning up toys, helping with chores)

Example: "By age four, my child is expected to put away their toys after playing. By age seven, they help set the table."

Your Answer:

How do you currently encourage this?

How to Use This Worksheet in Real-Life Parenting Moments

Parenting is filled with unexpected challenges, and in the middle of an escalated behavior, it can be hard to know how to respond. This worksheet serves as your guiding framework, helping you make quick, confident decisions that align with your parenting goals.

When faced with a difficult situation, instead of reacting impulsively, pause and reflect on what you've already defined:

- What are your core values?
- What goals do you have for your family?
- What expectations have you set?

By referencing what you've thoughtfully outlined, you can respond with consistency and clarity, ensuring your decisions align with your long-term vision for your child's behavior and family environment.

