

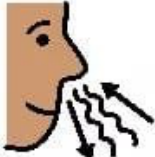
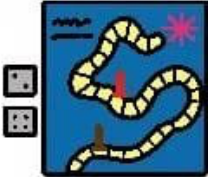
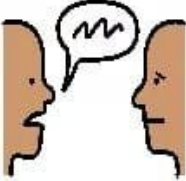

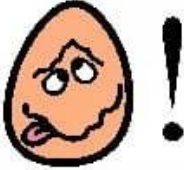


Parent's Chart

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