



Dr. K's Guide to Mental Health

ADHD Module | How to Teach Your Kids Meditation | Worksheet

"If You Fail to Plan, You Are Planning to Fail"

— Benjamin Franklin

In the chart below, brainstorm how you can implement these 7 tips to parenting. What changes to your language and behavior can you implement in the next week?

Reminders	
Recall instead of confirmation	
Structure instead of reactive	
Reasoning instead of direction	
Boundaries and enforcement	
Impose limits without emotion	
Self Care	

