

Parenting Reflect and Act Worksheet

All parents experience the complexity involved in raising children. Parents of children with special health care needs often say, however, that their parenting is further complicated as a result of their child having a special health care need. Use this worksheet to help focus on a specific parenting issue you are facing.

What is one parenting issue you face in your life right now?

What strategy do you think might be helpful to manage this parenting challenge?

What are 2 or 3 steps you need to take to put this strategy into action?

After you've tried it – how did it work? Is there anything you would change to make it easier to do?



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