| **Week & Topic** | **What did I learn?** | **What changes did I make in the short-term?** | **What long-term changes will I make?** | **What differences can I expect from these changes?** |
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| **1: The ‘Good Enough Parent’: I’m good enough and I’m proud!** |  |  |  |  |
| **2: Reasons Why Children Misbehave, and The Power of Positive Attention** |  |  |  |  |
| **3: Active Listening and Assertive Parenting** |  |  |  |  |
| **4: Handling Difficult Behaviour, Part 1** |  |  |  |  |
| **5: Handling Difficult Behaviour, Part II** |  |  |  |  |
| **6: Children and Emotions; Play and Learning** |  |  |  |  |
| **7: Talking to Your Child about Your Family Situation** |  |  |  |  |
| **8: Parenting Through Stressful Times** |  |  |  |  |
| **NAME** | | **SIGNED** | | **DATE** |