

**PHYSICAL****SOCIAL****EMOTIONAL****SPIRITUAL**

<b>JAN.</b> How:				
<b>FEB.</b> How:				
<b>MARCH</b> How:				
<b>APRIL</b> How:				
<b>MAY</b> How:				
<b>JUNE</b> How:				
<b>JULY</b> How:				
<b>AUG.</b> How:				
<b>SEP.</b> How:				
<b>OCT.</b> How:				
<b>NOV.</b> How:				
<b>DEC.</b> How:				

NAME:

YEAR:

## **PARENTING EXAMPLES:**

### **PHYSICAL**

- Sleep
- Nutrition
- Exercise
- Outdoor time
- Hygiene
- Water
- Screen Time

### **SOCIAL**

- Manners
- Homework
- Responsibilities at home
- Team sports
- Communication skills
- Sibling relationships
- Parent/child relationships
- Money management

### **EMOTIONAL**

- Boundaries
- Feelings Vocabulary
- Self-Awareness
- Body Techniques to self-regulate
- Emotional tank by mom/dad/both

### **SPIRITUAL**

- Modeling
- Prayer
- Reading the Bible
- Scripture Memory
- Songs
- Church involvement