

Your Peaceful Parenting Year in Review

A Reflection Guide for Parents Committed to Connection and Growth

Welcome

This past year taught you more about yourself as a parent than you probably realize.

Every moment you stayed calm when you wanted to yell. Every time you repaired after losing it. Every struggle with your child that left you questioning everything. All of it matters. All of it shaped you.

This workbook will help you see the patterns in your parenting year so you can make intentional choices about what comes next.

You're not here to judge yourself or dwell on your mistakes. You're here to gather wisdom from your lived experience as a parent and use it to guide your next year.

How to Use This Workbook

Give Yourself Quiet Time

Find a moment when you're not in the middle of parenting chaos. Maybe after the kids are asleep, or during naptime, or at a coffee shop on the weekend. You need space to think clearly about your year.

Have Your Phone Nearby

Your camera roll will remind you of the moments you've forgotten. The good ones, the hard ones, the everyday ones that actually define your parenting more than the big events.

Write Honestly

No one else needs to see what you write here. This is for you. The more honest you can be about what's really happening in your parenting, the more useful this reflection will be.

Approach This With Self-Compassion

You'll probably remember some moments you wish you could take back. That's normal. Every parent has them. This workbook isn't about making you feel worse. It's about helping you see yourself clearly so you can grow.

Part 1: Your Nervous System Year

Your nervous system ran the show in your parenting this year, whether you realized it or not. Before you can change anything about how you parent, you need to understand what's been happening in your body and brain.

Your Regulation Patterns This Year

Think about your typical state as a parent over the past year. Not the best moments or the worst moments, but your baseline.

When I think about my nervous system state this past year as a parent, these words describe how I felt most often:

(Examples: overwhelmed, reactive, stretched thin, calm, grounded, anxious, exhausted, connected, present, dysregulated)

Your Window of Tolerance

Your window of tolerance is the zone where you can stay present and respond thoughtfully to your child instead of reacting from fight-or-flight or shutting down.

This past year, I noticed my window of tolerance was:

- Very narrow (I got triggered easily and often)
- Somewhat narrow (I could handle regular stress but not much more)
- Moderate (I could stay regulated most days)
- Wide (I rarely got triggered or overwhelmed)

What I noticed about when I stayed IN my window:

What I noticed about when I fell OUT of my window:

Your Trigger Map: What Pushed Your Buttons This Year

Your triggers aren't random. They have patterns. When you can see the patterns, you can start to work with them instead of being hijacked by them.

Top 5 Parenting Triggers This Year

What consistently sent you into fight-or-flight? What made you yell, shut down, or respond in ways you later regretted?

1. _____

When this happened, I felt: _____

In my body, I noticed: _____

2. _____

When this happened, I felt: _____

In my body, I noticed: _____

3. _____

When this happened, I felt: _____

In my body, I noticed: _____

4. _____

When this happened, I felt: _____

In my body, I noticed: _____

5. _____

When this happened, I felt: _____

In my body, I noticed: _____

The Pattern Underneath Your Triggers

Looking at your triggers together, what do you notice?

These triggers share common themes around:

(Examples: feeling disrespected, losing control, being ignored, not being heard, feeling overwhelmed, fearing I'm failing, repeating my parents' patterns)

When I trace these triggers back, they connect to:

(Examples: my own childhood, fears about my child's future, my need for order, feeling like I'm not enough, pressure I put on myself)

Your Reactivity Patterns: What You Did When Triggered

When you got triggered this year, how did you typically respond?

My Most Common Reactive Patterns Were:

Check all that apply, and notice which ones showed up most often.

- Yelling or raising my voice
- Threatening consequences I didn't follow through on
- Withdrawing or giving the silent treatment
- Snapping or speaking harshly
- Lecturing or over-explaining
- Grabbing or physically moving my child roughly
- Saying things I regretted later
- Shutting down emotionally
- Walking away without repair
- Blaming my child for my reaction
- Ruminating about it for hours afterward

The pattern I most want to shift:

Your Repair Practices: How You Came Back After Ruptures

Rupture is normal in parenting. Repair is what matters. How did you do with repair this year?

How Often Did You Repair After Getting Triggered or Yelling?

- Almost always
- Often
- Sometimes
- Rarely
- Almost never

What Made Repair Hard for You This Year?

(Examples: shame, defensiveness, not knowing what to say, worrying it would make me look weak, my child seemed fine so I let it go, I was too exhausted)

Your Most Successful Repairs

Think of a time this year when you repaired well after a rupture with your child.

What happened:

What you said or did to repair:

How your child responded:

What this taught you about repair:

Part 2: Your Connection Year

Connection is what makes everything else in parenting work. When connection is strong, behavior is easier. When connection is weak, everything is harder.

Your Connection Baseline This Year

Overall, I would describe my connection with my child this year as:

- Strong and secure most of the time
- Good with some disconnected periods
- Inconsistent, up and down
- Strained more often than connected
- Disconnected most of the time

The times I felt most connected to my child were when:

The times I felt most disconnected were when:

Your Connection Practices

Connection practices I did consistently this year:

(Examples: special time, physical affection, playing together, bedtime connection, active listening, being present during meals, acknowledging feelings)

What I noticed about how these practices affected my child's behavior:

Connection practices I wish I'd done more of:

Your Child's Bids for Connection

Children are always making bids for connection, but we don't always see them clearly, especially when they come disguised as difficult behavior.

This year, my child's bids for connection often looked like:

(Examples: clinginess, attention-seeking behavior, whining, acting out when I was busy, following me everywhere, asking endless questions, wanting to help with everything)

When I missed or dismissed these bids:

When I responded to these bids with connection:

Part 3: Your Discipline and Limits Year

How you handled discipline and set limits this year reflects both your values and your nervous system state.

Your Discipline Approach This Year

When my child misbehaved or crossed a boundary this year, I most often:

(Be honest about what you actually did, not what you wish you'd done)

How effective was this approach?

- Very effective – behavior improved and relationship stayed strong
- Somewhat effective – some improvement but relationship suffered
- Not effective – behavior continued and relationship suffered
- Made things worse – behavior escalated and relationship deteriorated

Your Relationship With Consequences and Punishment

This year, I used consequences/punishment:

- Frequently – it was my main discipline tool
- Sometimes – when I was frustrated or didn't know what else to do
- Rarely – I mostly relied on connection and natural consequences
- Never – I focused entirely on connection and problem-solving

What I noticed about how my child responded to consequences:

What I'm learning about what my child actually needs when they misbehave:

Setting Limits With Love

When I set a limit this year, I was most successful when I:

When I set a limit this year, I struggled most when:

The hardest limit for me to hold this year was:

Because:

Part 4: Your Growth Moments

Growth in parenting isn't linear. It happens in unexpected moments, often when things feel hardest.

Times You Surprised Yourself This Year

A moment when I stayed calm when I normally would have yelled:

What helped me stay regulated:

A moment when I caught my trigger before reacting:

What I noticed in my body that helped me catch it:

A moment when I chose connection over correction:

What shifted in that moment:

A moment when I repaired quickly instead of avoiding:

What that repair created:

Your Biggest Parenting Wins This Year

These don't have to be big dramatic moments. The most meaningful wins are often quiet.

1. _____

2. _____

3. _____

Why these matter to me:

Part 5: Your Hard Truths

Every parent has parts of their parenting they're not proud of. Naming them without shame is how you create space for change.

What You're Ready to Admit About This Year

A pattern I kept repeating even though I knew it wasn't working:

A way I took my stress out on my child:

Something I said or did that I deeply regret:

How I want to make this right:

The Cost of Your Reactivity This Year

My reactivity this year cost me:

(Examples: connection with my child, trust, peaceful mornings, my child's sense of safety, my own self-respect, joy in parenting)

My reactivity this year cost my child:

(Examples: sense of safety, confidence, trust in me, ability to regulate their own emotions, joy in our relationship)

This matters to me because:

Part 6: What You're Learning About Your Child

Your child changed this year. Their needs changed. Your understanding of them deepened. What did you learn?

Your Child's Developmental Year

The biggest developmental changes I noticed in my child this year:

How these changes affected our relationship:

What Your Child Actually Needs From You

This year taught me that my child needs me to:

(Examples: be calmer, be more playful, listen more, talk less, give more space, stay closer, stop fixing everything, validate their feelings, hold firmer limits, be more flexible)

My child thrives when I:

My child struggles when I:

Understanding Your Child's Behavior Differently

A behavior I used to see as defiance, I now understand as:

A behavior I used to punish, I now respond to with:

Part 7: Your Support and Self-Care Year

You can't pour from an empty cup. How well did you take care of yourself and ask for support this year?

Your Self-Care Reality Check

This year, I prioritized my own wellbeing:

- Consistently – I made myself a priority
- Sometimes – when I had energy left over
- Rarely – I was in survival mode
- Almost never – everyone else came first

What got in the way of taking care of myself:

When I did take care of myself, I noticed this impact on my parenting:

Your Support System

The people who supported me in my parenting this year:

The support I wished I had but didn't:

The support I need to ask for next year:

Part 8: Looking Forward – Your Intentions for Next Year

Now that you've looked honestly at your year, you're ready to set intentions for what comes next. Not goals or resolutions, but intentions grounded in what you've learned.

What Needs to Change

The pattern I most need to release:

Because it's costing me:

The practice I most need to develop:

Because it will create:

Your One Core Intention

If you could focus on just ONE thing that would shift everything else in your parenting, what would it be?

My one core intention for next year is:

I'm choosing this because:

I'll know this is working when:

Your Nervous System Intention

To widen my window of tolerance and stay more regulated, I will:

When I notice I'm getting triggered, I will:

To support my nervous system daily, I will:

Your Connection Intention

To deepen connection with my child, I will:

To respond to their bids for connection, I will:

To repair more quickly when we rupture, I will:

Your Self-Compassion Intention

When I mess up, instead of spiraling in shame, I will:

To treat myself with more compassion, I will:

Making It Real: Your First Small Steps

Intentions without action stay wishes. What's the smallest step you can take right now?

This week, I will:

This month, I will:

To stay accountable, I will:

You've Done Something Important

You just gave yourself something most parents never do: honest reflection on your parenting year without judgment.

You looked at your triggers, your patterns, your growth, and your struggles. You named what needs to change and what you want to keep building.

This is the work that actually creates change in parenting. Not reading another book. Not buying another course. But sitting with yourself, being honest about where you are, and making clear decisions about where you're going.

Come back to this workbook throughout the year. Add to it. Notice when your patterns shift. Celebrate when you catch yourself before reacting. Be gentle when you slip back into old habits.

Peaceful parenting isn't about being perfect. It's about being willing to look at yourself honestly and keep growing.

You're doing it. You're already different than you were when you started reading this.

Keep going.

Resources for Your Journey

Raising a Resilient Child Course

Deep work on nervous system regulation, self-compassion, and connection-based parenting

Monthly Membership

Ongoing support and resources for parents committed to this path

Peaceful Parent Happy Kids Leader's Handbook

Foundational principles for peaceful parenting

Remember: the goal isn't to be a perfect parent. The goal is to be a parent who keeps learning, growing, and showing up with an open heart.