

Special Time WITH PAPA



Let's have fun discussion together!



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Please read the details on the last page on how to use this workbook

HUG TIME

Did you hug your child today?

Yes

No (then do it now)

What do you think WHO is _____? (name of the child)

What do you like about your father?

FOR MY SPECIAL _____ (name of the child)

Problem/ issue facing

Possible Solutions

Time to implement

Progress check

Whats next

- Issue resolved
- Should continue the solution
- Try alternative solution

FOR WONDERFUL PAPA

Time when you don't feel safe with papa

(the purpose is to ask the child about issues they are facing without giving a negative image of a parent)

Possible solutions

Time to implement

Progress Check

Whats next

- Issue resolved
- Should continue the solution
- Try alternative solution

THINGS WE ENJOY TOGETHER

**What you enjoy with
papa**

**What papa enjoy
with u**

**What else you want
to do together**

(Plan it together for next time or anytime next week or today according to your schedule)

WHAT'S NEXT ON THE LIST?

**Suggestion from child about the
discussion topic next week**

**Suggestion from father about the
discussion topic next week**

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[How to use this workbook](#)

This workbook is specifically designed to help parents spend one-on-one time with their children and discuss important issues to reach solutions.

Part 1 is “ hug time”, The purpose of this part is to first connect with the child, and make them feel safe and positive. “Children do better when they feel better”.

part 2 is where you will let your child know the issue or the problem you are facing with them (for example; they are not doing homework on time or hitting their sibling time and again, or you are dealing with managing the screentime). Discuss without making them feel bad, focus on listening to their side of the story, validate their feelings, and then ask them what you can do or how you both can make the situation better. Ask them for solutions, write those solutions, and suggest some solutions too (make a list of possible solutions together), then agree on one of those solutions. Set a time frame to implement the solution (mostly 1 week is enough, but you and your child can decide as suitable). After the set time frame, have another one-on-one and see what the progress is, ask them, and also give your opinion. If the issue is resolved mark resolved. If the issue needs more time, let it continue and decide on

another time frame, if the solution isn't working choose another one from the list you both made.

(Pro tip; use some fun solutions suggested by your child, do not try to impose one of your solutions, for example my daughters suggested reminding them every time they shout like this - Queen Suffah, please talk like a queen or Princess Rahma use your words not your hands)

Part 3; Repeat the same steps as in part 2, but this time ask the child about the issue they are facing with their father.

Part 4; is another way of connecting with the child to fill their cup, talk about things you both like doing together, and decide one of them to do together sometime. This step is important to keep the child motivated and help them remain connected with you.

Part 5; In the last part you can talk and plan about another issue or situation you want to discuss, next time.

Note: Avoid any blame, shame, or name-calling during this process, focus on connecting and understanding the child. This whole activity will teach your children decision-making, problem-solving skills, improve their connection with you and they will learn how they can always find solutions to any problems they face in life.

Good luck! And remember purpose is to connect and find solutions together through positive parenting tools.

If you would like to know more about positive parenting tools and solutions, follow us on [Facebook](#) and [Instagram](#) or choose one of our parenting courses [here](#). If you would like to attend our free workshop on understanding positive parenting, register [here](#)

About Author:

This workbook is designed by Saira Adeel, a Certified Parenting Coach, founder of HappyMoms, mother of two, and a recovering yeller.

Before understanding positive discipline, I was the traditional parent who would resort to punishment, praise, yelling, and rewards to get my kids to obey me and listen to me. I would yell, shout, and spank to get my kids to listen to me.

It was a never-ending cycle and I would promise myself, that I wouldn't be angry with my kids anymore, I would be a calmer parent, and I hoped that my children would listen to me, but it kept on repeating. I felt like a failure and disconnected from my kids.

Does it sound familiar?

Alhumdulillah, I recovered as I learned some magical tools that helped me transform as a parent and it can help you too.

I offer one-on-one [consultation](#) for parents, a 6-week [tarbyat Program](#) for parents, and help parents through [an anger management](#) Challenge. If you would like to register for any click on the highlighted links.

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