

Parent Worksheet



WEBINAR

How to Help Your Child Achieve More in 2016

Valentin & Blackstock Psychology

Help your child achieve more this year by answering the following questions to help you get clear on your parenting goals for the year and how you will accomplish them. Remember, it starts with you – the parent!

1. What do I wish for my child's achievement this year?

2. What is my goal as a parent about how I can help them achieve that wish?

3. How will I plan for that goal and what steps for I need to take?

4. What can I do in the next month? What can I do from now until summer? What can I do to prepare my child for the next school year?

5. Knowing that I have to apply the “brain first” approach, what do I know about my child's upcoming developmental changes and how will I address them?

6. What are 2 to 3 specific strengths that I can help my child further develop this year.

7. What are 2 to 3 specific weaknesses that I can help my child further develop this year.

8. What other resources will I use to help me achieve my parenting goals (e.g. educate self through books, enroll in parent training program, attend counselling, schedule psychoeducational assessment, etc.)

Achieve for Parents

Join our online parent training program *Achieve for Parents: How to Help Your Child Succeed*. The program consists of 6 modules that cover everything from understanding your child's brain to nurturing emotional intelligence – we have compiled all of our best strategies and information based on psychological principles of achievement, and put them in one place for parents like you to access!

Here's what you'll learn:

- ✓ The MOST common mistake parents make (& how to fix it)
- ✓ What to expect at different ages + how to prepare yourself for parental role changes
- ✓ The real reason for problem behaviours
- ✓ How to help your child achieve their goals (while still working towards yours as well!)
- ✓ And more.

Visit www.achieveforparents.com to get all the details !

Achieve
for
PARENTS

About Us



We are Valentin & Blackstock Psychology - a team of psychologists and mental health providers dedicated to helping kids, parents and families identify strengths & support weaknesses. We do this with our:

- comprehensive psychoeducational & psychological assessments
- gifted testing
- online + face-to-face child therapy & family counselling
- innovative online training programs for parents
- free articles and advice from delivered to our email list

Get in Touch

Lots of additional resources and information about us and our services can be found on our website. Have a look around at www.vbpsychology.com.

And if you still have questions or would like to schedule a consultation, feel free to give us a call at 647-351-7998 or send us an email at vbpsychology@gmail.com.

