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# JOURNAL PROMPTS FOR PARENTS

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## 30 Days of Writing Prompts for Parents

Your first thought may be “I’m a parent, I don’t have time to journal!”, but hear me out. I’m not going to give the self-care speech on how important carving out time for yourself is, we already know all of



that. Instead, I’m going to share the benefits of journaling and 30 days worth of prompts. Even when we do have time to journal, we often feel pressure of what to write about and how long entries should be. I’d like to take the guess work out and provide simple but thoughtful writing prompts to get you started today. They will encourage reflection, being present and appreciation in the seemingly small moments with your child and family.

Happy Journaling!

### Benefits of Journaling:

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- \* Reduces stress
  - \* Creates mindfulness
  - \* Encourages creativity
  - \* Boosts memory, mood and confidence
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# JOURNAL PROMPTS FOR PARENTS

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1. Describe your child(ren) and what makes them unique.

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2. What is the best part of being a parent?

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3. What is something funny/clever your child has recently said?

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4. What are your parenting goals?

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5. What are you doing today to achieve your parenting goals?

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6. How do you recharge your mind and body?

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7. What does balancing family, friends and work mean to you?

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8. What is a daily challenge you face as a parent?

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9. How do you overcome the daily challenge(s)?

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10. What is the best and worst parenting advice you've received?

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11. Is your parenting style similar to your parents? Describe.

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12. Who do you confide in on hard days?

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13. What is your favourite thing to do with your child?

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14. What do you want your child to remember most about their childhood?

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15. What does a typical weekday and weekend look like for your family?

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16. Describe the first moment you saw your child.

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17. What is most rewarding about being a parent?

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18. Describe the hardest stage of parenting thus far and how you overcame it?

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19. Fill in the blank: As a parent I am \_\_\_\_\_

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20. What are your hopes and dreams for your child(ren)?

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21. If you could give your child anything in the world what would it be?

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22. List your top 3 strengths and how they positively impact your family.

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23. What was your favourite and least favourite part of pregnancy?

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24. What top 3 qualities do you wish to instill in your child(ren)?

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25. How do you measure the success of parenting?

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26. How do you help your child problem solve?

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27. How do you show your love and appreciation to your child(ren)?

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28. What has your child taught you?

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29. Write a letter to yourself praising your parenting journey.

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30. Write a letter to your child(ren) telling them why they're so incredibly special!

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**Happy Journaling!**

**Check out our collection of [guided journals](#) at:**

**WWW.ROBYNLIECHTI.COM**

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