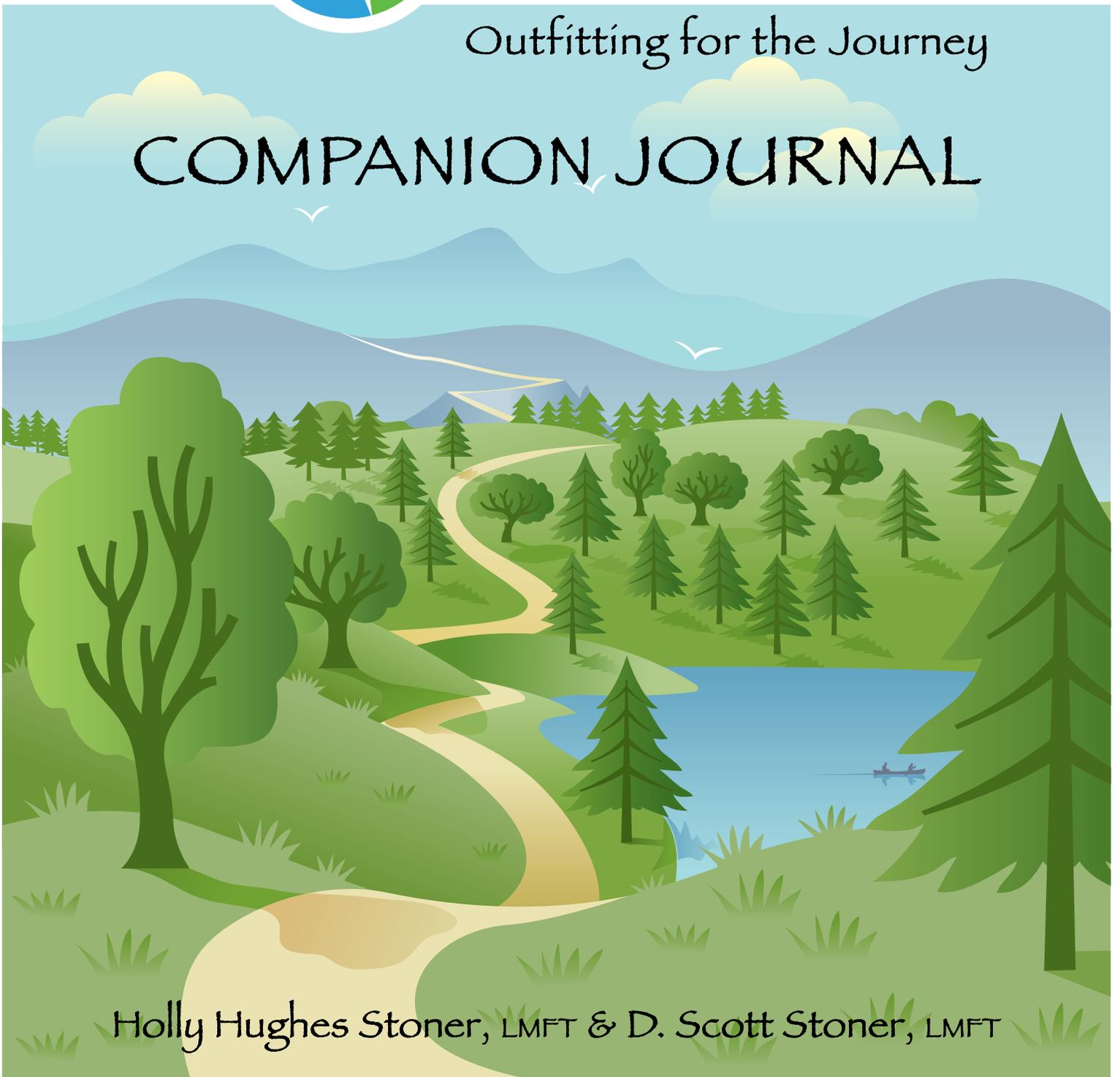


Parent Wellness COMPASS

Outfitting for the Journey

COMPANION JOURNAL



Holly Hughes Stoner, LMFT & D. Scott Stoner, LMFT

The Samaritan Family Wellness Foundation—a foundation committed to supporting and enriching the well-being of youth, parents, and families—was created with a generous gift from Ab and Nancy Nicholas. While Ab passed away in 2016, their generous support continues to inspire us and make this resource possible.



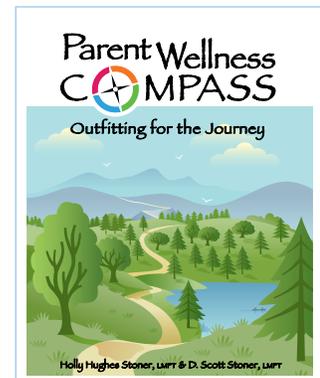
This complimentary *Companion Journal* was created to accompany the book *Parent Wellness Compass: Outfitting for the Journey*.

To order the book: ParentWellnessCompass.org

Find us on the web: ParentWellnessCompass.org

Connect with us on Facebook and Twitter

Questions? Email us: holly@samaritanfamilywellness.org
or scott@samaritanfamilywellness.org



We wish to make it clear that this companion journal and the book are educational and inspirational in nature and in no way constitute mental health advice or therapy. If what you read in the journal or the book raises concerns for you that might best be addressed by a mental health professional or parenting expert, we recommend you contact a local family therapist directly or contact your physician for a referral. The website for the American Association of Marriage and Family Therapists (www.aamft.org) provides a helpful resource for locating a licensed marriage and family therapist in your area. Seeking help when needed is always a sign of strength, and shows healthy commitment both to the well-being of ourselves and our families.

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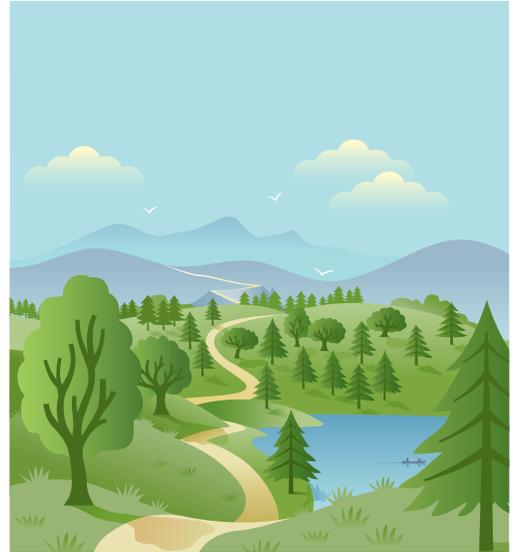


Welcome

Dear Parent,

We are honored and delighted that you have made a wholehearted commitment to this journey, and have downloaded this companion journal for our book, *Parent Wellness Compass: Outfitting for the Journey*.

The art on the cover conveys how we feel about parenting: the journey never ends! There is nothing more important than raising a family and nothing that will require more of us. This journal was created especially for you. To help you to put yourself on your own map, to find your voice, and to help you discover and call upon your own sources of wisdom, inspiration, guidance, encouragement, and hope.



What you'll find here. In order to provide you with more space in which to reflect and write than we could in the book, we have included all questions from the “Making It Personal” section from each of the four reflections found in every chapter. We have also included some of the images, quotes, and Thoughts? pages from the book to help guide and inspire your journey through these pages. And because our thoughts and dreams become real when we create NEXT Steps based on any changes we feel ready to make, we have included NEXT Steps worksheets for every reflection. Feel free to reflect on as many or as few as you feel ready.

We also want to encourage you to regularly revisit this journal and our book. The material won't change, but you will, and these can be valuable resources you can use to track your journey so far, and to make decisions about where you want to go from here.

What we hope. That you are able to enjoy, savor, value, and appreciate the priceless bounty of being a parent: the joys, the triumphs, the tears, the hopes, fears, and the dreams. Being a parent is both awe-inspiring and terrifying at times. We are sharing what we've gleaned from our long experience as parents, teachers, and therapists to encourage you to lean into it all, knowing that you are helping to shape our shared future with every choice and decision you invest in yourself and your children. You are shaping our world's future each and every day.

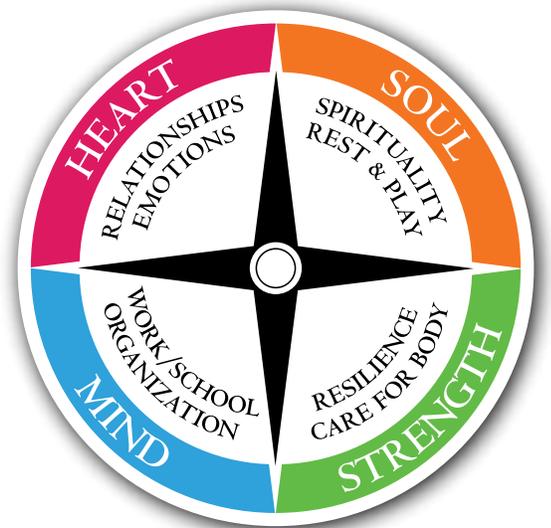
And remember, we are here for you. If we can assist you in any way, please ask!

Holly Hughes Stoner and Scott Stoner

Outfitters Guide: What You Will Find in These Pages

All great journeys begin with the first step. Following are some time-tested tips and suggestions for ways to engage with this material.

- **Take your time.** This is a marathon, not a sprint.
- **Be kind to yourself.** This is a journey and a process. And remember that we all are doing the very best we can. Equipped with this journal and our book as a trusted tool and resource, we are well on our way to being the best parents we can be.
- **Be consistent.** Just as we are encouraged to be consistent in our actions as parents, here, too, reflecting upon and writing a little every day will go a very long way in supporting your journey.
- **Share with others.** Research has proven that if we want to be successful at making a change, we need to: be specific, write it down, and share with at least one other person. That's why we created the NEXT Step worksheets you'll find both in the book and in this journal.
- **We are better together than on our own.** Don't hesitate to ask for help, to ask for feedback, for words of encouragement, for a hug. Don't underestimate the powerful support found in community.
- **Download and print as many copies as you need.** Whether printing for yourself or for a group, feel free to share these pages.
- **This journal is also interactive.** Once downloaded, it can be filled out directly on your device. This means you can type in your responses and save them without printing out the entire journal.
- **Helpful page references are included.** Under each reflection you will find the corresponding pages from the *Parent Wellness Compass* book.
- **Have fun! Enjoy the journey.**



Healthy Relationships



Standing in Love

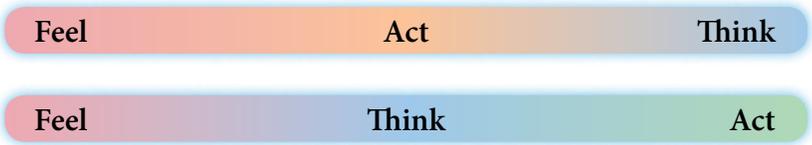
(pp. 12–13 in book)

What do think about the idea of “standing in love”? How do you think it relates to the relationships in your family? Explain.

Think of a time when you related to someone from the pattern of “Feel→Act→Think.” What happened and what did you learn from this experience?

Now think of a time when you related to someone from the pattern of “Feel→Think→Act.” What happened this time and what did you learn? What kind of support might you need to live this out more consistently?

Is there a NEXT Step you would like to take to be more intentional in your relationship with your child? To create a NEXT Step using our NEXT Step worksheet, go to page 11.



Voice Training for Parents

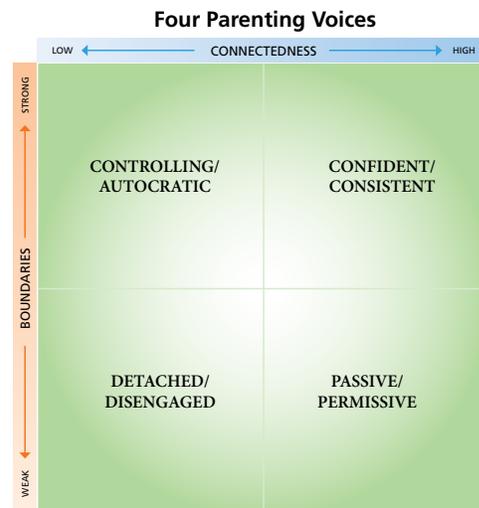
(pp. 14–16 in book)

Do you recognize one of the four parenting voices described here as your primary voice as a parent? If so, are you comfortable with your voice?

Sometimes parents shift to a less nurturing and effective parenting voice when things are stressful. How does your parenting voice shift when you or your child are stressed?

If you are parenting your children with another parent, you may find that you have different parenting voices. This is not uncommon. Talking about parenting voices and being intentional about what message you want to send to your family is important. What could you two do to work more closely together?

Can you identify your parent's voice in your voice with your children? Are you satisfied with that? Is there a NEXT Step you would like to take now around your voice as a parent? To create a NEXT Step using our NEXT Step worksheet, go to page 11.



All in the Same Boat

(pp. 17–18 in book)

Do you remember a time when a “storm” divided you as a family and you turned against one another, even if just temporarily? How might you have avoided that?

Do you remember a time when a “storm” brought you closer together as a family and you turned toward one another for support and strength? How did you make that happen?

What makes the difference for you and your family as to when you are able to turn toward one another in the midst of a “storm” rather than against one another? How can you create more of that going forward?

Is there a NEXT Step you would like to take that would help your family work better together? To create a NEXT Step using our NEXT Step worksheet, go to page 12.



The Best Time to Start a Conversation

(pp. 19–20 in book)

Can you think of a time when you put off having an important conversation in your family and it ended up making the situation worse? Looking back, what could you have done differently?

Can you think of a time at home when you made the decision to have a difficult conversation and it made the situation better? Explain.

Is there a conversation in your family that you want to start right now, but are finding it difficult to do so? How can being brave enough to start the conversation help your family?

Is there a NEXT Step you would like to take now to start a conversation that needs to be started? To create a NEXT Step using our NEXT Step worksheet, go to page 12



NEXT Step Worksheet

Area of Wellness: **Healthy Relationships**



Reflection: *Standing in Love*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Healthy Relationships**



Reflection: *Voice Training for Parents*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Healthy Relationships**



Reflection: *All in the Same Boat*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

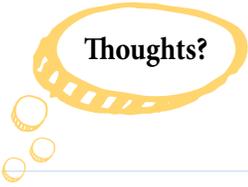
Area of Wellness: **Healthy Relationships**



Reflection: *The Best Time to Start a Conversation*

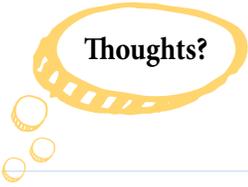
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EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



Use the space below to reflect on this chapter. Remember: what you write is private, and no one should read it unless you want to share it.





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Rethinking Discipline

(pp. 26–27 in book)

How could a shift in thinking about discipline influence the way you deal with a particular unwanted behavior you are seeing in your children? Be specific.

What teachable moments have you already taken advantage of? Give some examples.

Initially, teaching can take more time and intention than punishing. What benefits can you see for you as a parent, and for your children, if you take the time to teach right behavior rather than simply punishing misbehavior?

Is there a NEXT Step you would like to take now in the way you approach discipline? To create a NEXT Step using our NEXT Step worksheet, go to page 19.



Inside Out: Feeling and Expressing the Full Range of Emotions

(pp. 28–29 in book)

How comfortable are you and your family with feeling, expressing, and accepting the full range of each other's emotions? This means the whole range, positive and negative.

What does your emotional range, and that of your children, tell you about your life together? How might getting in touch with and expressing those emotions in healthy ways benefit your family?

Is there anything you want to do differently in terms of allowing, and even encouraging, everyone in the family to feel and express their full range of emotions?

Is there a NEXT Step you would like to take now in how you express and handle emotions? To create a NEXT Step using our NEXT Step worksheet, go to page 19.



Emotional Bank Accounts

(pp. 30–31 in book)

What are some of your favorite ways to make deposits in your child's emotional bank account?

What would you estimate to be your current ratio of deposits to withdrawals with your children? Are you comfortable with that? If not, what could you do to change that? Be specific.

What are some specific ways you replenish the balance in your own emotional bank account? Do you need to do anything else to add to your account?

Is there a NEXT Step you would like to take now around your child's emotional bank account? To create a NEXT Step using our NEXT Step worksheet, go to page 20.



Say What You Mean. Mean What You Say. And Most Importantly . . .

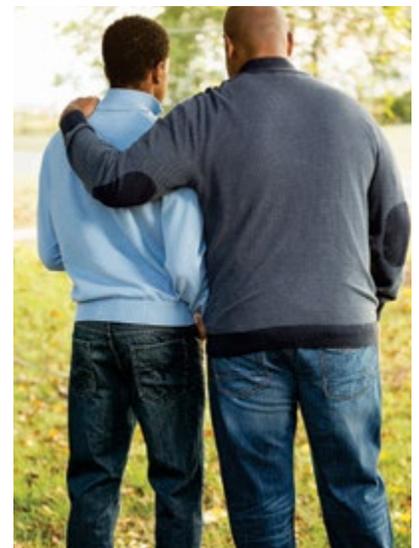
(pp. 32–33 in book)

Which of these three sentences do you find hardest to do right now:

- Say what you mean. Mean what you say. Don't say it mean.

When was the last time you “said it mean”? What happened? What did you, or can you, learn from that experience?

Teaching this saying to others in your family and committing to practicing it together could create more positive emotions in your home. How might that change the emotional tone in your house?



Is there a NEXT Step you would like to take now in how you speak to your child? To create a NEXT Step using our NEXT Step worksheet, go to page 20.

NEXT Step Worksheet

Area of Wellness: **Handling Emotions**



Reflection: *Rethinking Discipline*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Handling Emotions**



Reflection: *Inside Out: Feeling and Expressing the Full Range of Emotions*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Handling Emotions**



Reflection: *Emotional Bank Accounts*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

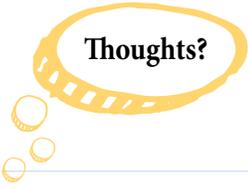
Area of Wellness: **Handling Emotions**



Reflection: *Say What You Mean. Mean What You Say. And Most Importantly . . .*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



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Learning Organization: The Hidden Curriculum

(pp. 38–39 in book)

In what ways do you help your children be organized and responsible?

In this reflection, we mention that children who are organized are less stressed. Have you seen this in your children or in your family? Explain.

Are you happy with how you model being organized for your children? If not, what change would you like to make?

Is there a NEXT Step you would like to take now in how you teach and model for your child the skills of organization? To create a NEXT Step using our NEXT Step worksheet, go to page 27.



Organizing Our Family's Priorities

(pp. 40–41 in book)

What would your children say takes priority or comes first in your family? Are you comfortable with that? Asking them might be helpful.

What are a few core values of your family? What are a few values that you aspire to? Do you have any aspirational values that you would like to turn into core values? How might you do that?

Have you ever had a sit-down family conversation about values and priorities? What might the value of such a conversation be in terms of organizing your family's time, money, and possessions?

Is there a NEXT Step you would like to take now in the way you organize your priorities and those of your family? To create a NEXT Step using our NEXT Step worksheet, go to page 27.



Do We Manage Our Schedules or Do Our Schedules Manage Us?

(pp. 42–43 in book)

Do you think your family ever does too much for its own good? What contributes to that feeling?

What would you like to eliminate in order to practice the “disciplined pursuit of less”? What could you say “no” to?

How might doing less help your family be healthier and happier?

Is there a NEXT Step you would like to take now around your schedule and/or the schedule for your family? To create a NEXT Step using our NEXT Step worksheet, go to page 28.



Your Money or Your Life?

(pp. 44–45 in book)

Have you or your children ever become wound up in the “we don’t have enough” mindset when, in reality, you did have enough?

Every family seems to have some stress around money. How does your family’s relationship with money cause you stress? How comfortable are you talking about it?

Saving, spending, and sharing are three things you can do with your money, individually and as a family. Do you feel like your family has the right balance between these three?

Is there a NEXT Step you would like to take now regarding the ways you and your children think about and/or use money? To create a NEXT Step using our NEXT Step worksheet, go to page 28.



NEXT Step Worksheet

Area of Wellness: **Organization**



Reflection: *Learning Organization: The Hidden Curriculum*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Organization**



Reflection: *Organizing Our Family's Priorities*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Organization**



Reflection: *Do We Manage Our Schedules or Do Our Schedules Manage Us?*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Organization**



Reflection: *Your Money or Your Life?*

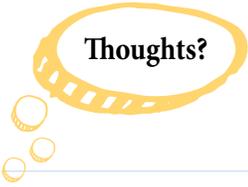
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Obstacles:	Solutions:
NEXT Step:	



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Putting Children and Parents in the Growth Zone

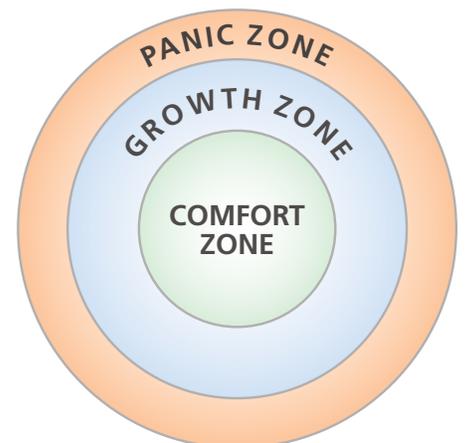
(pp. 50–51 in book)

Can you think of a time when one of your children moved out of the comfort zone and into a growth zone at school? What helped them do that?

What might be a sign that your child is stuck in an unhealthy comfort zone that impacts his or her school life? What about a panic zone? What could you do to encourage them to move from that zone into the growth zone?

Is there an area in your life right now where you would like to move out of the comfort or panic zones and into the growth zone? What could help you make this move?

Is there a NEXT Step you would like to take now to help yourself, your child, or your family move into a growth zone? To create a NEXT Step using our NEXT Step worksheet, go to page 35.



Who's Your Teacher?

(pp. 52–53 in book)

What kind of parenting school did you attend? What did you learn that you want to teach your children? What would you like to do differently?

Who or what are some of your important teachers about life? How does that impact your family? How did you choose them to be your guides or teachers?

Good teachers work on improving their lessons and skills in order to better serve their students. Is there anything you would like to do to improve your skills as a teacher of your own children?

Is there a NEXT Step you would like to take now knowing that you are your child's most important teacher? To create a NEXT Step using our NEXT Step worksheet, go to page 35.



Pay Attention to What You Pay Attention To

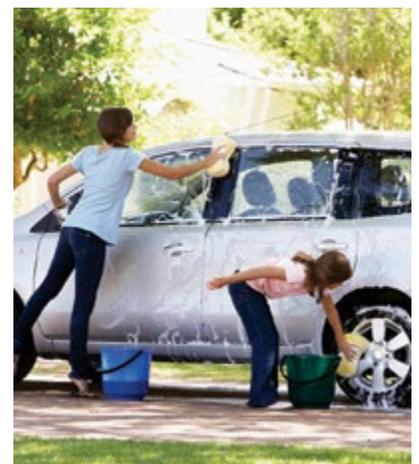
(pp. 54–55 in book)

What about your child as a student do you pay the most attention to? Is that serving your child well? Is it serving you well? Explain.

What healthy values do you have around work and school that you want to pass on to your children? Is the way you are currently interacting with your child around school and work teaching those values?

What one positive thing about your child's life at school would you like to pay more attention to? How could you do that? How would that help your child?

Is there a NEXT Step you would like to take now around what you pay attention to within your family, or where your child is concerned? To create a NEXT Step using our NEXT Step worksheet, go to page 36.



There is No One Who is More Youer Than You

(pp. 56–57 in book)

In what particular ways did you express your individuality as a child, teen, or young adult? Were your parents supportive of what you did, or did it create a conflict between you?

How do you see your children trying to express their individuality right now? Are you handling it in a way that will enhance their well-being?

How are you living as “no one more youer than you”? How does your family benefit from that?

Is there a NEXT Step you would like to take now to greater support your child in being who they are discovering themselves to be? To create a NEXT Step using our NEXT Step form, go to page 36.



NEXT Step Worksheet

Area of Wellness: **Work and School**



Reflection: *Putting Children and Parents in the Growth Zone*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Work and School**



Reflection: *Who's Your Teacher?*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Work and School**



Reflection: *Pay Attention to What You Pay Attention To*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

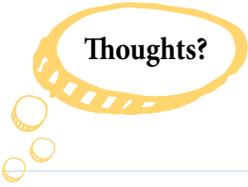
Area of Wellness: **Work and School**



Reflection: *There is No One Who is More Youer Than You*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



Use the space below to reflect on this chapter. Remember: what you write is private, and no one should read it unless you want to share it.





Building a Cathedral

(pp. 62–63 in book)

When are you most likely to feel that parenting is like hauling rocks? Explain. How might that be impacting your family? What could you do to change that?

When are you most likely to feel that parenting is building a cathedral? Explain that, too. How does that affect your family?

What do you think of the idea that “we do not so much see the world as it is, but rather we see the world as we are”? How does this relate to you and your family?

Is there a NEXT Step you would like to take now about your mindset around being a parent, with all of the work that role both requires and offers? To create a NEXT Step using our NEXT Step worksheet, go to page 43.



Your Spiritual Root System

(pp. 64–65 in book)

If you think of spirituality as being like the root system of a tree, how do you water your spirituality? How about your family's?

What practices do you have or could you develop as a family to grow your common spiritual root system?

Have you ever tried the practice of sitting quietly for a short period of time and just focusing on your breath as a way to center and calm yourself, a way to keep things in perspective? Might you consider teaching this practice to your children, as well?

Is there a NEXT Step you would like to take now to nurture your family's spiritual root system? To create a NEXT Step using our NEXT Step worksheet, go to page 43.



When the Student is Ready, the Teacher will Appear

(pp. 66–67 in book)

Did any of the spiritual lessons we might learn from our children listed above connect with your experiences as a parent? How is that?

What other spiritual lessons have you learned, or are you now learning, from your children?

What other spiritual teachers do you have in your life right now? How does that enrich your life as a family?

Is there a NEXT Step you would like to take now to be more open to learning spiritual lessons from your child? To create a NEXT Step using our NEXT Step worksheet, go to page 44.



The Power of Vulnerability

(pp. 68–69 in book)

What messages were you given about being vulnerable as a child? How did that work for you and your family?

How comfortable are you apologizing to your children when you realize you have made a mistake that has hurt them? How might apologizing affect your relationship?

How might you practice and teach the importance of vulnerability and humility in your family right now? Think of some concrete ideas.

Is there a NEXT Step you would like to take now as you think of modeling vulnerability in your family? To create a NEXT Step using our NEXT Step worksheet, go to page 44.



NEXT Step Worksheet

Area of Wellness: **Spirituality**



Reflection: *Building a Cathedral*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Spirituality**



Reflection: *Your Spiritual Root System*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Spirituality**



Reflection: *When the Student is Ready, the Teacher will Appear*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

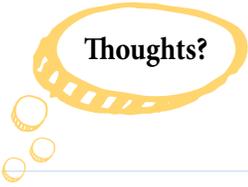
Area of Wellness: **Spirituality**



Reflection: *The Power of Vulnerability*

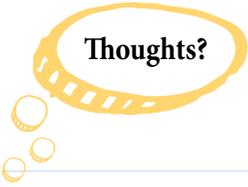
Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



Use the space below to reflect on this chapter. Remember: what you write is private, and no one should read it unless you want to share it.





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Playfulness as an Attitude, Not Just an Activity

(pp. 74–75 in book)

Was there a playful attitude in your home when you were growing up? Give some examples.

Would your children describe you and your home as playful? Why or why not? Are you happy with your response?

If you wanted to be more playful with your children, what would you do differently from what you are currently doing? What difference might it make in your family if you were more playful?

Is there a NEXT Step you would like to take now regarding your thoughts and attitudes about play and your child? To create a NEXT Step using our NEXT Step worksheet, go to page 51.



The Intersection of Screens and Families

(pp. 76–77 in book)

What effects do you see screens and the use of technology having on your family? Do you feel good about this? If not, what could you do to change the patterns in your home?

Our use of screens can isolate us from one another, but there are also ways that we can enjoy screen time as a family. Can you think of some specific ideas for how your family could create some stronger connections through the use of technology?

Rest and play, by their very nature, are meant to renew us and be fun. Can you think of new things you could do together that do not involve screens?

Is there a NEXT Step you would like to take now about screens and how they are influencing your family's life together? To create a NEXT Step using our NEXT Step worksheet, go to page 51.



I Love to Watch You Play

(pp. 78–79 in book)

Do your children like their activities and find them enjoyable and fun? Why or why not? What could you do to help them find more joy in their activities?

What kind of attention do you give to your children’s activities? Is it healthy for everyone?

How can you more fully express to your children that you “love to watch them play”?

Is there a NEXT Step you would like to take now regarding your child’s activities or interests? To create a NEXT Step using our NEXT Step worksheet, go to page 52.



I'm Bored!

(pp. 80–81 in book)

How do you respond when your child reports that they are bored? Are you comfortable with that?

When do you most often feel bored as a parent? When are your children most apt to say they are bored?

When you do feel bored, either as a parent, or in other areas of your life, how do you respond? Are you satisfied with how you respond or would you like to develop other, more creative responses?

Is there a NEXT Step you would like to take now to help your child (or yourself) better handle boredom? To create a NEXT Step using our NEXT Step worksheet, go to page 52.



NEXT Step Worksheet

Area of Wellness: **Rest and Play**



Reflection: *Playfulness as an Attitude, Not Just an Activity*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Rest and Play**



Reflection: *The Intersection of Screens and Families*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Rest and Play**



Reflection: *I Love to Watch You Play*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

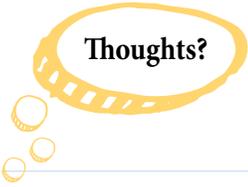
Area of Wellness: **Rest and Play**



Reflection: *I'm Bored!*

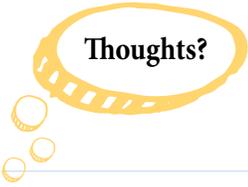
Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



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Gradually, Then Suddenly

(pp. 86–87 in book)

Are you seeing signs in your family life that might indicate that the water around you is heating up? What changes might you need to make to turn down the heat?

What wisdom do you draw from the answer Mike Campbell gave in *The Sun Also Rises* about how his bankruptcy happened “gradually, then suddenly”? How could you apply that wisdom to your family life and the whispers you might be hearing about the ways in which stress is affecting your family right now?

How is your family doing now in terms of practicing the key habits of “trust, feel, and talk”? Is there anything you would like to do differently to enhance these three habits in your family?

Is there a NEXT Step you would like to take now as you think about stress and your family? To create a NEXT Step using our NEXT Step worksheet, go to page 59.



The Wisdom of the “J” Curve

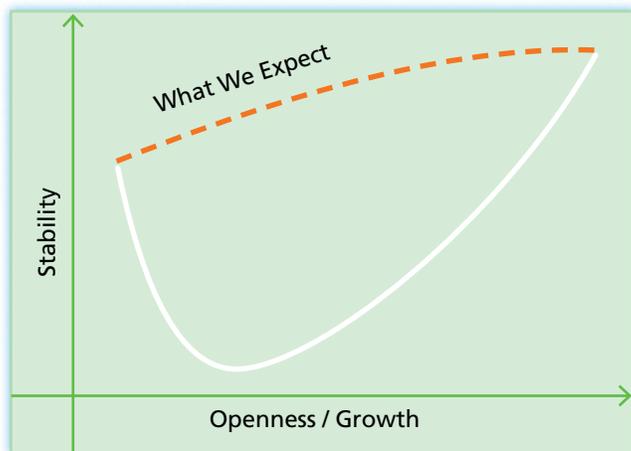
(pp. 88–89 in book)

Are you in the midst of any significant transitions or “J” Curves in your own life right now? How is that affecting your family?

Do you have a child in the midst of a significant transition or “J” Curve at this time? How are they adjusting? How could you help?

What most helps you and your family to manage stress in the midst of transitions, in the midst of “J” Curves?

Is there a NEXT Step you would like to take now that would help you or your child get through a change that you or your family is going through? To create a NEXT Step using our NEXT Step worksheet, go to page 59.



The Importance of Timeouts

(pp. 90–91 in book)

Can you think of a time recently when you were able to call a timeout for yourself and/or your child while in the midst of a stressful situation? How did that go? Was it helpful?

Can you think of a time recently when you wished you had called a timeout, but did not? How did that end up for you or your child? What can you learn from that experience?

What are some current ways you call a timeout and what are some new ways that you might try? If your children are old enough, you can invite them to help you strategize the best ways to call timeouts in your family.

Is there a NEXT Step you would like to take now to help yourself or your family to take a needed “timeout”? To create a NEXT Step using our NEXT Step worksheet, go to page 60.



Learning to be “Response-able”

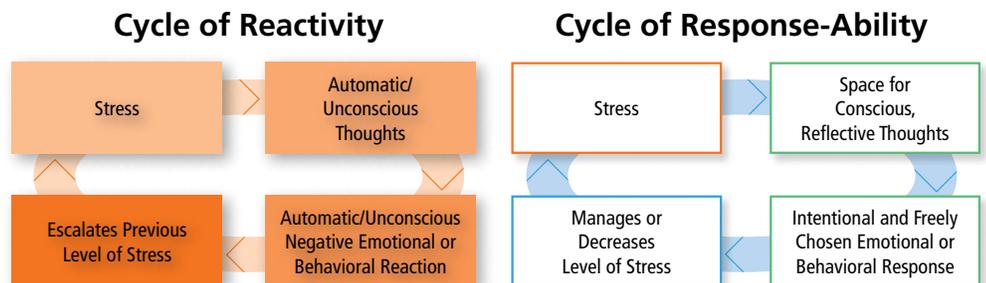
(pp. 92–93 in book)

“*Between stimulus and response there is a space. In that space is our power to choose our response.*” How do you think this quote from Frankl relates to your family life? How could the practice of carefully choosing your responses to your children impact your family’s well-being?

Think of a time recently when you or someone in your family reacted rather than responded. What factors do you think contributed to this? Now think of time when you were able to deal with a stressful situation by responding rather than reacting. What helped you to do this? What can you learn from this?

Children often react rather than responding thoughtfully. Part of growing up is learning to think before acting or speaking. How could you help teach and model this skill in your family?

Is there a NEXT Step you would like to take now in how you handle yourself when stressed, or in how you teach your child to do the same? To create a NEXT Step using our NEXT Step worksheet, go to page 60.



NEXT Step Worksheet

Area of Wellness: **Stress Resilience**



Reflection: *Gradually, Then Suddenly*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Stress Resilience**



Reflection: *The Wisdom of the "J" Curve*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: **Stress Resilience**



Reflection: *The Importance of Timeouts*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

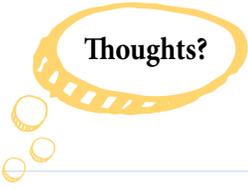
Area of Wellness: **Stress Resilience**



Reflection: *Learning to be "Response-able"*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	



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Our Children Are Always Watching

(pp. 98–99 in book)

Take a moment to celebrate and affirm one thing you are currently doing for yourself and/or your family that is a positive expression of caring for everyone's physical wellness.

What was modeled in your home growing up in regards to physical wellness and caring for one's body? How does that affect the decisions you make today for you and your family? Are you comfortable with that?

What are some challenges you currently face in making and modeling good decisions around healthy eating and drinking, healthy exercise, and healthy amounts of rest for you and your family? What kinds of changes could you make, or what support do you need, to reduce those challenges?

Is there a NEXT Step you would like to take now in how you and your child care for your bodies? To create a NEXT Step using our NEXT Step worksheet, go to page 67.



Me Want It, But Me Wait

(pp. 100–101 in book)

What “cookies” are you as a parent tempted to eat when you shouldn’t? What is that teaching your children?

One of the keys to physical wellness is learning to delay gratification. How does your family teach “Me Want It, But Me Wait”? Give some examples.

How can you better handle pushback when your children don’t like the self-care limits you set, such as a regular bedtime, brushing teeth, and eating healthy foods?

Is there a NEXT Step you would like to take now to model and teach your child healthy self-control? To create a NEXT Step using our NEXT Step worksheet, go to page 67.



Physical Education Teachers

(pp. 102–103 in book)

What are you currently teaching your children about the fun and importance of being active? Are you comfortable with that?

Are the ways in which you and your children engage in physical activities healthy? Might it be too much or too little? Are there any changes you want to make as a family in terms of your level of physical activity?

Are there ways your child is inspiring you to be more active, perhaps inspiring you to do things you have never done before?

Is there a NEXT Step you would like to take now in your role as a Physical Education teacher for your child? To create a NEXT Step using our NEXT Step worksheet, go to page 68.



Body Language

(pp. 104–105 in book)

Take a few moments to listen to what your body is saying to you right now. What did you learn? What would you like to hear?

Regarding the idea that all areas of wellness in the *Parent Wellness Compass* are interconnected, can you think of an example of how this is true for you and/or your family?

Our children's behavior, no matter what their age, is a non-verbal way of telling us something. What behaviors do you observe that might indicate they need to take better care of their bodies? What could you do to help?

Is there a NEXT Step you would like to take now to better listen to your own body, or to teach your child to better listen to theirs? To create a NEXT Step using our NEXT Step worksheet, go to page 68.



NEXT Step Worksheet

Area of Wellness: Care for the Body



Reflection: *Our Children Are Always Watching*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: Care for the Body



Reflection: *Me Want It, But Me Wait*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

Area of Wellness: Care for the Body



Reflection: *Physical Education Teachers*

Date: _____

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

NEXT Step Worksheet

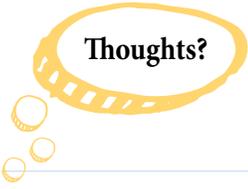
Area of Wellness: Care for the Body



Reflection: *Body Language*

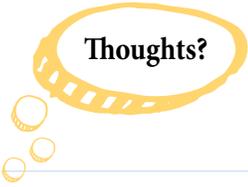
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Time-specific:	
Obstacles:	Solutions:
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About the Authors

Scott and Holly Stoner are the Co-Executive Directors of the Samaritan Family Wellness Foundation in Milwaukee, Wisconsin. They are both Licensed Marriage and Family Therapists (LMFTs) with a combined sixty-five+ years of experience helping parents and families. They are the creators of both the *Parent Wellness Compass* and *The Teen Compass*.

Holly has worked with many families and children as a teacher at both the grade-school and high-school levels. Scott, too, has worked with many families and children when he served as a pastor of an Episcopal church.

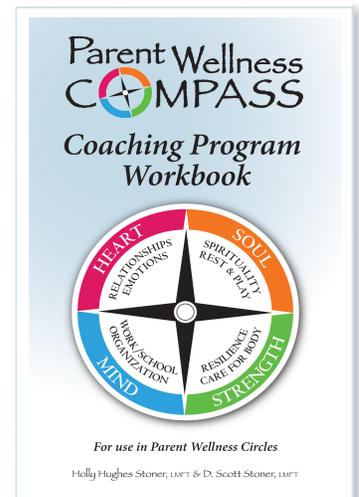
Married for more than 40 years, they have three adult children and two grandchildren. For both, personally and professionally, family has always been what is most important in life.

Parent Wellness Compass Coaching Program

We also offer a **Parent Wellness Compass Coaching Program**, a six-week parent coaching program that we have created based upon the principles in our book, *Parent Wellness Compass: Outfitting for the Journey*. In this program, parents gather with a skilled facilitator in a **Parent Wellness Circle** to set goals, share thoughts, and support each other as they work on parent and family wellness NEXT Steps. The **Parent Wellness Compass Inventory**, a signature part of this coaching program, is completed during the first session and serves as a guide to help parents identify and create their NEXT Steps.

While we encourage parents to gather together to read and discuss the *Parent Wellness Compass* book, the **Parent Wellness Compass Coaching Program** requires a skilled facilitator. The facilitator, along with the other parents participating in the wellness circle, creates a safe space for parents to say “yes!” to the journey toward parent and family wellness.

We regularly offer facilitator trainings for leading a **Parent Wellness Compass Coaching Program**. If you have an interest in becoming a trained facilitator for this program, please contact us. You can stay up to date on this program and our trainings through our website: ParentWellnessCompass.org.



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