

1a.

CARING FOR
PHYSICAL HEALTH

2a.

CARING FOR
EMOTIONAL HEALTH

3a.

CARING FOR
SPIRITUAL HEALTH

4a.

RELAXING & HAVING
MORE FUN IN MY
LIFE

5b.

DECIDING WHICH
PROBLEMS ARE
IMPORTANT

6b.

PLANNING AHEAD

7b.

TAKING
RESPONSIBILITY FOR
ACTIONS

8b.

WAYS TO SOLVE
PROBLEMS

9c.

WAYS TO MEET
OTHER PARENTS

10c.

HAVING FRIENDS
I CAN TRUST

11c.

GETTING ALONG
WITH FAMILY

12c.

KNOWING HOW TO
HELP OTHERS

13d.

RECOGNIZING
BUILD UP OF
ANGER

14d.

PROTECTING
MYSELF FROM
ANGER

15d.

SETTLING
ARGUMENTS
WITHOUT
VIOLENCE

16d.

GETTING HELP IN
“OUT OF CONTROL”
SITUATIONS

17d.

KNOWING &
MANAGING THINGS
THAT PUSH MY
BUTTONS

18d.

EXPRESSING
ANGER WITHOUT
HURTING OTHERS

19e.

DEALING WITH
STRESS IN HEALTHY
WAYS

20e.

LETTING GO OF
THINGS I CAN'T
CONTROL

21e.

FINDING TIME
FOR MY PERSONAL
NEEDS

22e.

FINDING
AFFORDABLE
COUNSELING

23f.

BUDGETING-
PAYING BILLS

24f.

FINDING
ADEQUATE HOUSING

25f.

FINDING ENOUGH
FOOD

26f.

MANAGING TIME-
KEEPING
APPOINTMENTS

27g.

APPLYING FOR
SCHOLARSHIPS

28g.

DOING RESUMES-
JOB INTERVIEWS

29g.

FINDING CLASSES-
IMPROVE
EMPLOYMENT
OPPORTUNITIES

30g.

FINDING A GOOD
PAYING JOB

31h.

LISTENING-
SPEAKING SKILLS

32h.

EXPRESSING
FEELINGS

33h.

SPEAKING
ENGLISH

34h.

GETTING MY
NEEDS MET

35i.

WILD CARD

36i.

WILD CARD

37j.

KNOWING WHAT MY
BABY IS TRYING TO
TELL ME... BODY
MOVEMENTS, FACIAL
EXPRESSIONS

38k.

UNDERSTANDING
BABY'S PERSONALITY
TRAITS

39k.

HELPING BABY LEARN
NEW THINGS

40k.

QUIETING/SOOTHING
MY CRYING BABY

41l.

AVOIDING POWER
STRUGGLES WITH
MY CHILD

42l.

SETTING LIMITS
WITHOUT
SCREAMING

43l.

SETTING LIMITS
WITHOUT
HITTING

44l.

GUIDING
WITHOUT
SPOILING

45m.

CHOOSING SAFE
CHILD CARE

46m.

CHILD PROOFING
HOME

47m.

KNOWING WHAT TO DO
IF MY BABY
CHOKES/STOPS
BREATHINGS

48m.

PROTECTING BABY
FROM
VIOLENCE/ABUSE

49j.

KNOWING BABY IS
GETTING ENOUGH
PROPER FOOD

50j.

KNOWING WHEN &
HOW MUCH SLEEP
BABY NEEDS

51j.

PLAYING WITH
BABY

52j.

FINDING A SAFE
TRUSTING BABY-
SITTER

53j.

GETTING TO KNOW &
FEELING CLOSE
TO MY BABY

54n.

WILD CARD

55n.

WILD CARD

