

## Areas for My Growth

After sorting the set of Growth Cards, check the boxes to identify your areas of growth. Then, rank them in your order of priority. Use the Problem-Solving Process to plan your steps to achieve your goals.

I would like to:

- a. Care for Myself
  - Caring for physical health
  - Caring for emotional health
  - Caring for spiritual health
  - Relaxing and having more fun
  
- b. Solve Problems
  - Deciding which problems are important
  - Planning ahead
  - Taking responsibility for actions
  - Ways to solve problems
  
- c. Personal Support
  - Ways to meet other parents
  - Having friends I can trust
  - Getting along with family
  - Knowing how to help others
  
- d. Cope with Anger
  - Recognizing build up of anger
  - Protecting myself from anger
  - Settling arguments without violence
  - Getting help in “out of control” situations
  - Knowing and managing things that push my buttons
  - Expressing anger without hurting others
  
- e. Manage Stress
  - Dealing with stress in healthy ways
  - Letting go of things I can't control
  - Finding time for my personal needs
  - Finding affordable counseling
  
- f. Manage Everyday Life
  - Budgeting – paying bills
  - Finding adequate housing
  - Finding enough food
  - Managing time – keeping appointments
  
- g. Financial Self-Support
  - Applying for scholarships
  - Doing resumes – job interviews

- Finding classes – improve employment opportunities
- Finding a good paying job

h. Communication

- Listening-speaking skills
- Expressing feelings
- Speaking English
- Getting my needs met

i. Self Care Wild Card

- \_\_\_\_\_
- \_\_\_\_\_

j. Nurture and Bond with Baby

- Knowing what my baby is trying to tell me – body movement, facial expressions
- Knowing baby is getting enough proper food
- Knowing when and how much sleep baby needs
- Playing with baby
- Finding a safe, trusting baby-sitter
- Getting to know & feeling close to my baby

k. Understand Child Development and Realistic Expectations

- Understanding baby's personality traits
- Helping baby learn new things
- Quieting/soothing my crying baby

l. Discipline

- Avoiding power struggles with my child
- Setting limits without screaming
- Setting limits without hitting
- Guiding without spoiling

m. Protection

- Choosing safe childcare
- Child proofing home
- Knowing what to do if my baby chokes or stops breathing
- Protecting baby from violence/abuse

n. Parent Wild Card

- \_\_\_\_\_
- \_\_\_\_\_

MY PRIORITIES FOR GROWTH:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

