



PARENT-CHILD BOND

JOURNAL

Deepening My Connection

Write about a moment when you felt especially close to your child.

A series of horizontal dotted lines for writing.

What do you admire most about your child?

A series of horizontal dotted lines for writing.

Describe a fun memory you've shared with
your child recently.

A series of horizontal dotted lines for writing.

How do you show love to your child in their
love language?

A series of horizontal dotted lines for writing.

Reflect on a time when your child taught you something.

A series of horizontal dotted lines for writing.

Write about a parenting moment you're proud of.

A series of horizontal dotted lines for writing.

What's a small daily habit that could strengthen your bond with your child?

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Reflect on your child's unique personality.
How do you nurture it?

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Write about a challenge in your relationship with your child and how you're addressing it.

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What's one thing you can do to be more present with your child?

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Describe a family tradition or activity that
your child loves.

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What's one way you help your child feel safe
and supported?

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Reflect on how your own childhood influences your parenting.

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Write about something you appreciate about
your child that they might not realize.

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How do you encourage your child's independence while staying connected?

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Describe a moment when you had to be patient with your child.

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Write a letter to your child for them to read
in the future.

A series of horizontal dotted lines for writing.

Reflect on when you felt disconnected from your child. How can you bridge the gap?

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What's one way you can support your child's emotional growth?

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Write about a way you can celebrate your
child's achievements.

A series of horizontal dotted lines for writing.

Reflect on how you handle disagreements
with your child.

A series of horizontal dotted lines for writing.

What's one thing you can learn from your
child's perspective?

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Write about a time you laughed together.

A series of horizontal dotted lines for writing.

What's one thing you'd like to do more of with
your child?

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Describe a hope or dream you have for your child.

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Write about a special meal or activity you shared with your child.

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Reflect on how you celebrate your child's
individuality.

A series of horizontal dotted lines for writing.

How do you encourage open communication
with your child?

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Write about a time you and your child worked together as a team.

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Reflect on how you model kindness and respect for your child.

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What's one way you can show your child
you're listening without distractions?

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Describe a moment when you felt proud of
your child.

A series of horizontal dotted lines for writing.

Write about how you support your child's
dreams and aspirations.

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Reflect on a time when your child surprised
you with their wisdom.

A series of horizontal dotted lines for writing.

What's a small, loving gesture you can do for your child this week?

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Write about a time you encouraged your
child to try something new.

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What's one tradition you'd like to start with your child?

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Write about how you help your child navigate challenges.

A series of horizontal dotted lines for writing.

Reflect on how you spend quality time with
your child.

A series of horizontal dotted lines for writing.

Describe a way you and your child can have more fun together.

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Write about how you foster curiosity and learning in your child.

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Reflect on how you balance discipline and understanding as a parent.

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What's a lesson you want to teach your child
through your actions?

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Write about a time you apologized to your
child.

A series of horizontal dotted lines for writing.

Reflect on how your child brings joy into
your life.

A series of horizontal dotted lines for writing.

Write about something you're looking forward to doing with your child.

A series of horizontal dotted lines for writing.

Reflect on how your child shows love to you.

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What's one small change you can make to
strengthen your bond with your child?

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Write about how you hope your relationship
with your child grows over time.

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