

All Joy and No Fun

by Jennifer Senior

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Audit Your Parenting for Presence vs. Performance**

Notice how much of your parenting energy goes to documenting versus actually being present. The phone at dinner, the photos before experiences. Notice without judging.

MON TUE WED THU FRI SAT SUN

⁰² **Protect Your Relationship With Your Partner**

Date night isn't indulgent - it's strategic. Your children benefit more from your relationship quality than from any particular parenting intervention.

MON TUE WED THU FRI SAT SUN

⁰³ **Practice 'Good Enough' Parenting**

Read Donald Winnicott. 'Good enough' parenting - not perfect, not neglectful - produces resilient, healthy children. Perfectionism in parenting is for the parent, not the child.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Let Your Kids Be Bored**

Stop filling every moment with structured activity. Boredom is where creativity lives. The child who is never bored never learns to generate their own stimulation.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Do One Unscripted Thing Together Per Week**

No agenda, no destination, no lesson. Just being together without a purpose. Walks, drives, sprawls on the grass. The unstructured moments are what they remember.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Track Your Joy, Not Just Their Milestones**

Instead of measuring your parenting by your children's achievements, track your own felt experience. When are you actually joyful? More of that. Less of what looks impressive.