

# The Parenting Map

by Shefali Tsabary

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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 Name your trigger before you react to it**

Dr. Shefali: this week, before responding to any difficult behavior, pause and name the emotion arising in you. "I feel controlled. I feel embarrassed. I feel unheard." The naming creates a gap between stimulus and response - and the gap is where conscious parenting lives.

MON TUE WED THU FRI SAT SUN

**02 Give your child 10 minutes of pure, agenda-free presence daily**

No teaching, no correcting, no phone. Child-led play for 10 minutes. This is not a productivity hack - it is the soil in which the whole relationship grows. Dr. Shefali calls it sacred time. It works not because of what happens during it, but because of what it communicates: you are worth my full, undivided attention.

MON TUE WED THU FRI SAT SUN

**03 Write down one expectation you have placed on your child that is really about you**

Shefali: take 5 minutes. Write the sentence "I need my child to \_\_\_\_\_ because \_\_\_\_\_." Fill in both blanks honestly. The second blank often contains everything: fear of judgment, grief over your own unlived life, a wound that was never addressed. Once you can see it, you can choose differently.

MON TUE WED THU FRI SAT SUN

**04 Begin your own healing - therapy, journaling, or a trusted community**

The most impactful parenting move you can make has nothing to do with your child. A parent in therapy, a parent who journals, a parent who seeks community - this parent is modeling exactly what they want to teach: that emotions deserve attention, patterns can be changed, and growth is always possible.

MON TUE WED THU FRI SAT SUN

**05 Replace "Why did you do that?" with "What were you feeling when that happened?"**

The first question is rational and usually produces defensiveness. The second is emotional and produces connection, self-awareness, and language. This one shift, practiced consistently, rewires entire conversations - and eventually, the child relationship with their own inner world.

MON TUE WED THU FRI SAT SUN

**06 Before each correction, ask: is this for them or for me?**

Shefali: many of our corrections are really about our own discomfort - embarrassment in public, anxiety about the future, ego. When you can honestly answer "this is for them," the correction becomes grounded, compassionate, and effective. When the answer is "for me," it is always worth pausing first.