

Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

[SEND Support](#)



[Subject Guides](#)

[Pregnancy & Baby](#)



[Health & Wellbeing](#)

[Supporting Learning](#)



What is this resource and how do I use it?

Remind yourself that the things you are probably worrying about are out of your control with this handy sheet designed for parents. This resource can separate the parts of our lives we might have control over and help you feel more relaxed about the 'what ifs' of life. There's also an extra page for you to add your own personal thoughts.

What skills does this practise?

Managing Negative Thinking

Boosting Self-Esteem

Building Resilience

Self-Care

Further Activity Ideas and Suggestions

If your children need some help with worrying, why not try out our [My Circle of Control Poster](#), which aims to help children stop worrying about things out of their control. Whether it's you or your child who needs a helping hand, head to our [Wellbeing Hub](#) for more support and ideas.

Parents Blog



Parenting Wiki



Parenting Podcast



twinkl

Parents
Hub

I cannot control

Others not running on time

Who my parents are

Mistakes from the past

I can control

The way I respond to situations

Traffic

How to spend my time

Making responsible choices

Being around positive people

Being ill

What I spend my money on

Reaching out for advice when I need it

Screen time

Outcomes

The weather

Food and exercise

Self-care practices

The words I use with my children

If people like me

How much effort I put in

How others react to me

Other people's behaviour and decisions

How other people respond to situations

Use this blank circle of control to add your own personal thoughts and worries.
Which ones do you have control over and which ones are outside of your control?

I cannot control

I can control