Parent's Chart							
Hugged my kid for no reason	Μ	Т	W	TH	F	5	5
Helped my kid clean their room							
Took a calming breath before talking							
Played a board game with my kid and had fun							
Apologized when I got upset							
Showed GRACE to my kid when they got upset							
Did something silly, just to make my kid laugh							
Did something just for me, because when I am not calm neither is my kid							