

30 Parent Journal Questions

1. What was one of your best parenting days?
2. What was one of your worst parenting days?
3. What is your biggest fear about being a parent?
4. When I need time for myself I...
5. I really miss...
6. I never expected...
7. I daydream most about...
8. Something few people realize about me is...
9. I dream that one day I...
10. Some little things I often forget to enjoy...
11. What makes me feel proud of my children is...
12. I get angry when my child...
13. I have a productive day when...
14. What do I miss most about my baby?
15. I wish I weren't so...
16. I feel happy when my child...
17. My favorite time of day is...
18. What is something I have learned from being a parent?
19. What is something I admire in another Mom/Dad?
20. What is something I wish I were better at?
21. What is something that I do really well as a parent?
22. What do I wish I could change about myself?
23. What would a perfect day with my kids look like?
24. What do I want my kids to remember about me as a Mom/Dad when they are older?
25. What trait do I admire most in my own Mom/Dad?
26. What trait did I dislike in my own Mom/Dad?
27. What was something I said I would never do as a parent....before I became a parent?
28. Three goals I have set for myself are...
29. What is the biggest dream you have for your child(ren)?
30. What is the most important thing to teach your child?