

Daily Tasks  
designed to help  
parents to build  
stronger  
connections with  
your kids.

Join me each day  
as I share a new  
**QUICK** activity  
for you to do with  
your kids.

## 7-day Positive Parenting Challenge

17th to 23rd  
November

Each day we  
focus on a  
different aspect  
of Positive  
Parenting.

Use  
**#positiveparentingchallenge**  
to share progress,  
experiences and reflections

Share your journey  
either in the  
Facebook group or  
on social media