

The Book You Wish Your Parents Had Read

by Philippa Perry

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 Trace One Trigger Backward

Choose one recurring parenting reaction and write the sentence underneath it: 'When my child does X, I feel Y because in my family Z.'

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02 Practice A Thirty-Second Repair

After a rupture, return with three parts: what you did, what was not the child's fault, and what you will try differently next time.

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03 Replace Judgment With Wonder

Before correcting a hard behavior, ask one curiosity question internally: 'What might this behavior be protecting, expressing, or asking for?'

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04 Set A Warm Boundary

Pair every important limit with connection: 'I understand why you want that, and I will not let that happen.'
Keep both halves intact.

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05 Audit The Family Rulebook

List the rules you absorbed about anger, sadness, need, mistakes, and apologies. Circle one rule you do not want to pass on.