

# The Danish Way of Parenting

by Jessica Joelle Alexander

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

<sup>01</sup> **Protect one hour of unstructured play**

Choose a block this week where you do not direct, teach, optimize, or entertain. Let your child invent the activity and solve small problems without adult choreography.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Run the reframe pause**

Before responding to hard behavior, write or say one generous accurate interpretation: This is a tired child needing help with disappointment. Let that sentence change your first words.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Swap one ultimatum for calm authority**

Replace if-you-do-not-then with: The boundary is still this, and I will help you take the next step. Keep the limit. Remove the threat theater.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Tell the emotionally honest truth**

Name one real feeling in plain language without making your child responsible for it: I am frustrated, and I can still be kind. Model emotional truth plus regulation.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Make a no-phone hygge ritual**

Create a 20-minute family ritual with food, warmth, or shared cleanup where no one performs and no phone is present. Repeat it often enough that belonging becomes predictable.