

14 Day Solo-parenting Challenge



Day 1: No raising your voice the entire day.

Day 2: Read a book with your child about your officer's job.

Day 3: Teach a job to your child that they can do on their own.

Day 4: Say "no" to something today. No laundry, no errands, etc.

Day 5: No social media day!

Day 6: Tell yourself it is okay to make mistakes!

Day 7: Meet up with another mom today or have a playdate!

Day 8: Take your kids somewhere new.

Day 9: Plan something for yourself today.

Day 10: Follow your child's lead today.

Day 11: Ask your spouse to do one extra chore today.

Day 12: Take time to breath.

Day 13: Serve something fun for dinner- ice cream or cereal!

Day 14: Get out of the house today.