

Lesson 10.1: Understanding and Handling Stress

Goal: To gain a greater understanding of stress and how it impacts lives.

Parent(s)

Name: _____

Children: _____

| | | |
|--|--|---------------|
| Date: | | Arrival Time: |
| Staff: | | |
| Lesson Competencies: Highlight Key Points of the parenting lesson and observed behaviors and interactions of the parent(s) during the class. | | |
| Parents can describe their plan to reduce their personal stress. YES ____ NO ____ Comments: | | |
| Visit Summary: Describe the ways the parent(s) incorporated information from the parenting lesson into the visit by listing observed behaviors and interactions. | | |

Note: *The observations of the supervised visit were made in a controlled, supervised environment, which should not be used in isolation to predict behavior outside this environment.*