

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.*