



HEALTHY  
**RELATIONSHIPS**  
INITIATIVE

**Toolkit for Families of Young Children**

**Conversations Starters #11: Parenting Stress**

1. On a scale of 1 to 10, how would you rate your parenting stress?
2. Do you think that your parenting stress is impacting your ability to parent effectively?
3. How much do you feel supported by me in relation to your parenting stress?
4. How can I help in reducing your parenting stress?
5. What can we do together to help one another manage our stress levels?