



# My Parenting Playlists

Listening to music is one way people set the tone for themselves, whether winding down or revving up. What are your go-to songs?

## My Three **Deep-Breathing** Songs

## My Three Songs **to Listen to with the Kids**



1. \_\_\_\_\_  
by \_\_\_\_\_

2. \_\_\_\_\_  
by \_\_\_\_\_

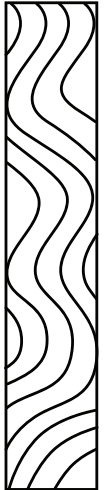
3. \_\_\_\_\_  
by \_\_\_\_\_



1. \_\_\_\_\_  
by \_\_\_\_\_

2. \_\_\_\_\_  
by \_\_\_\_\_

3. \_\_\_\_\_  
by \_\_\_\_\_



**My \_\_\_\_\_ Playlist**

1. \_\_\_\_\_  
by \_\_\_\_\_

2. \_\_\_\_\_  
by \_\_\_\_\_

3. \_\_\_\_\_  
by \_\_\_\_\_



## My Three **Workout** Songs

1. \_\_\_\_\_  
by \_\_\_\_\_

2. \_\_\_\_\_  
by \_\_\_\_\_

3. \_\_\_\_\_  
by \_\_\_\_\_



Use the back of this page if you need more room.  
Share your recommendations to social media using  
the hashtag #snocoparentplaylist

