



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

