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

1. ____________________
   by ____________________

2. ____________________
   by ____________________

3. ____________________
   by ____________________

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

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