

The Parenting Readiness Checklist

“Have You Raised a Pre-Teen Who’s Ready for Secondary School & Adolescence?”

**A Strategic Self-Check for Parents by
ADF Consulting & Coach Fola**



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WHY THIS AUDIT MATTERS

By this stage, your child should have more than good grades or good behavior.

They need:

- A sense of self
- Decision-making skills
- Internalized values
- Social navigation tools
- Emotional strength
- Tech literacy
- A trusted connection with you

This audit helps you reflect on what you've actually built so far. Not to judge. But to redirect where needed, before the pressure hits.

SECTION 1: YOUR CHILD'S INNER FOUNDATION

- ☐ I've helped them know who they are outside of achievements.
- ☐ They've internalized our family values—not just memorized rules
- ☐ They believe their voice matters—even when it's unpopular.
- ☐ I've taught them how to think—not just what to think.
- ☐ They feel confident making decisions without me present

SECTION 2: HOW THEY HANDLE THE WORLD

- ☐ They can say no without crumbling under peer pressure..
- ☐ They know how to recognize and walk away from toxic friendships.
- ☐ They can manage screen time without constant control.
- ☐ They know what to do if something makes them uncomfortable online or in real life.
- ☐ They understand consent, personal boundaries, and safety.

SECTION 3: HOW THEY RELATE TO YOU

- ☐ They've come to me before with a personal struggle or mistake.
- ☐ I've created an environment where they can be honest—even about things I might not like
- ☐ I've modeled emotional regulation, not just demanded obedience.
- ☐ We have rituals of connection, not just correction.
- ☐ They know I am a safe place—even when they mess up.


SECTION 4: LIFE PREP & FUTURE-FOCUSED PARENTING


- ☐ I've taught them how to reflect and self-correct—not just follow instructions.
- ☐ They're developing life habits: responsibility, organization, time management.
- ☐ I've intentionally passed down more than rules—I've passed down wisdom.
- ☐ I've begun teaching them how to make values-based decisions in new environments.
- ☐ I've planted confidence for who they're becoming, not fear of who they'll face.

FINAL SCORE: HAVE YOU DONE YOUR PART TO RAISE READINESS?

Total Score (out of 20):

17–20:  You've built a strong foundation—now guide and fine-tune.

10–16:  There's still time to firm up key areas before secondary school starts.

0–9:  It's not too late—but action is urgent. Rebuild where it matters most.

NEXT STEP: Reflect

"Is the child I'm sending into adolescence prepared to make good choices without me standing next to them?"

Because parenting isn't just about protection.
It's about preparation. 

Ready to move from reflection to action?

Enroll in the Before 13!

**Let's help you prepare for the years of parenting
your teenager.**

Join the waitlist through the link below

BEFORE 13