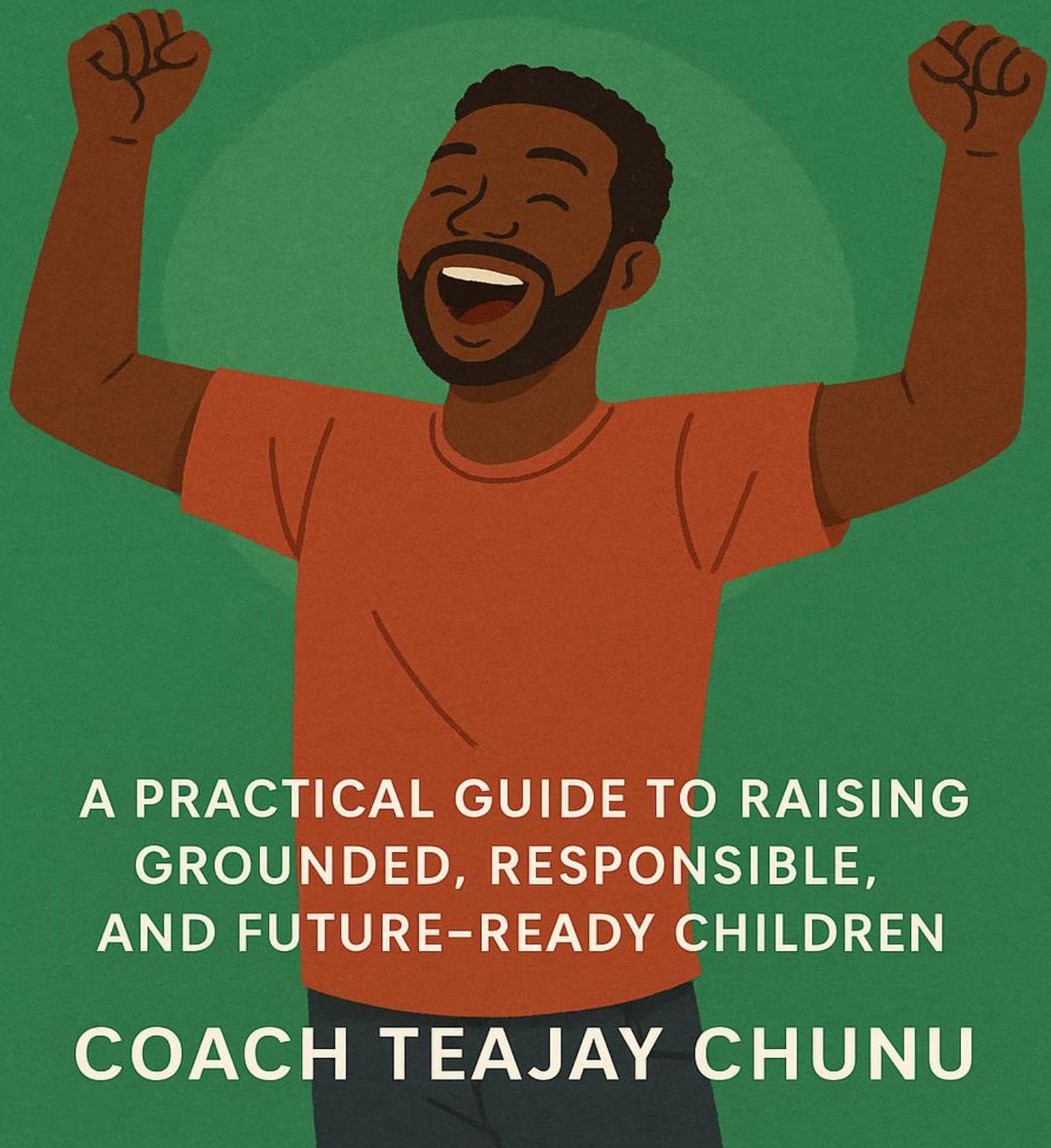


THE RESPONSIBLE LEADERS PARENT WORKBOOK



A PRACTICAL GUIDE TO RAISING
GROUNDED, RESPONSIBLE,
AND FUTURE-READY CHILDREN

COACH TEAJAY CHUNU



The Responsible Leaders Parent Workbook

*A Practical Guide to
Raising Grounded, Responsible,
and Future-Ready Children*

By Coach Teajay Chunu



UNUSUAL TEAJAY



Introduction: Why This Workbook?

Parenting today is not what it used to be.

Our children are growing up in a world where Wi-Fi is stronger than family ties, and where every 10-year-old has opinions, devices, and followers. 😊

This workbook helps you reflect, laugh, and reconnect—not just with your child, but with your own parenting style.

It will guide you through:

- Understanding your child's dual personality (home vs. school)
- Recognizing your parenting type
- Building trust and communication
- Nurturing responsibility and leadership
- Partnering effectively with teachers

How to Use This Workbook

-  Take your time—it's a conversation, not an exam.
 -  Write, doodle, and reflect honestly.
 -  Discuss with your spouse or co-parent.
 -  Laugh, learn, and love more intentionally.
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⌚ Section 1: Who Am I as a Parent?

Exercise: Which Parent Are You?

Tick the statements that sound most like you.

	Statement	Score (✓)	Type
1.	I often fix problems for my child before they struggle.		Provider
2.	I want my child to have everything I didn't have.		Provider
3.	I expect my child to obey immediately—no questions asked.		Commander
4.	I listen before I correct.		Listener
5.	I sometimes compare my child to others.		Commander
6.	I talk to teachers only when there's trouble.		Commander/ Provider
7.	I teach through example more than words.		Coach
8.	I try to understand my teen before judging.		Listener/ Coach

Parenting Personality Quiz

Type	Description	Strength	Watch Out For
The Provider	Gives the best of everything.	Generosity	Overpampering
The Commander	Leads with structure.	Discipline	Control without connection
The Listener	Connects through empathy.	Trust	Leniency
The Coach	Balances freedom & guidance.	Growth	Burnout

Reflection:

What type sounds like you? What would you like to strengthen?



Section 2: Understanding Your Child

Many children act **differently at home and at school** — not because they're being fake, but because they're adapting to different environments. At home, they act how they're expected to behave; at school, they act how they feel accepted.

If parents only know the "home version" of their child, they may miss what's really shaping their identity.

How to do the Reality Check:

- Observe:** Fill in the "At Home vs. At School" table honestly.
- Ask:** Talk to teachers or mentors about your child's school behavior.
- Discuss:** Have an open, judgment-free conversation with your child about the differences.
- Bridge:** Create safe spaces at home where your child can be fully themselves.
- Affirm:** Let them know you love every side of who they are.

Goal:

To help your child live authentically and consistently — confident, kind, and responsible, wherever they are. "When children feel accepted in all their versions, they no longer need to live divided."

Dual Personality Reality Check

This is the default in most homes

Behaviour	At Home	At School
Confidence	Quiet	Outspoken
Obedience	Respectful	Rebellious
Friendliness	Selective	Social
Faith/Values	Strong	Influenced

Fill in what you know about yours here

Behaviour	At Home	At School
Confidence		
Obedience		
Friendliness		
Faith/Values		

Reflect:

Why do you think this happens? How can you bridge that gap with understanding, not suspicion?

**Fun Activity:**

Ask your child to describe themselves “at home” vs. “at school.” Compare answers—you might discover someone new! 😊



Section 3: How Teens Think

Decoding Teen Logic

Teenagers often act like emotional puzzles — one moment mature, the next unpredictable. “Decoding Teen Logic” helps parents understand that what looks like defiance is often **developmental**, not **disrespectful**.

How to Use It:

1. **Tick what applies** to your teen from the list.
2. **Observe, don't overreact** — it's a mirror, not a report card.
3. **Discuss one or two patterns** with your teen when calm: “I've noticed you say ‘I'm fine’ when you're upset — how can I help next time?”
4. **Respond with empathy, not lectures.** They'll open up more when they feel understood. “You don't have to solve every teen moment — just stay curious, connected, and calm.”

Tick the ones you've seen this week:

- Says “I'm fine” when clearly not fine.
- Argues like a lawyer but cleans like a snail.
- Forgets chores, remembers Wi-Fi password.
- Wants freedom but still asks for allowance. 😊

Parent Tip:

Teens crave both *independence* and *guidance*. Connect before correcting.

The 3-Minute Talk

1. Set a timer for 3 minutes.
2. Let your teen talk—no interruptions
3. Repeat what you heard: “*That makes sense. How can I support you?*”
Consistency builds trust.



Section 4: Raising Responsible Leaders

The Responsibility Ladder

Many children grow up surrounded by comfort but short on responsibility. This tool helps parents turn everyday tasks into **leadership training** — teaching ownership, consistency, and pride in contribution.

How to Use It:

1. **List simple, age-appropriate tasks** your child can handle (e.g., making the bed, feeding a pet).
2. **Assign responsibility clearly** — ownership builds confidence.
3. **Track outcomes weekly** using the  or  column.
4. **Affirm effort, not perfection:** "I love how you remembered to do that without being told!"
5. **Add new tasks gradually** as your child masters each level — climbing the "ladder" toward maturity.

"When children take responsibility for small things, they grow ready to handle big things."

Task	Who's Responsible	Outcome  / 
Making bed	Child	
Feeding pet	Child	
Managing allowance	Child	
Packing school bag	Child	
Helping sibling	Child	

When they succeed, affirm:

> "I trust you with this—because you've shown you can handle it."

Leadership grows from *trust + responsibility*.



Section 5: Partnering with Teachers

Before You React, Reflect

When something goes wrong — a complaint, low grade, or misbehavior — our instinct is to defend or react. But wise parents **seek understanding before judgment**. This tool trains that habit.

How to Use It:

1. **Read each scenario** in the table.
2. **Mark your usual reaction** — be honest!
3. **Write a calmer, more constructive response** using the “Better Response” column.
4. **Commit to one new approach** this term when communicating with teachers.

“Reacting protects your ego. Reflecting protects your child’s growth.”

Situation	My First Reaction	A Better Response
Teacher complains	“My child can’t do that!”	“Please tell me what happened.”
Low grades	“You’re not serious!”	“Let’s improve together.”
Misbehavior	“That teacher is too harsh!”	“Let me understand their side.”

Analogy: Parents and teachers are like two wings of a plane—if one breaks, the child can’t fly.

Section 6: Values That Last

What We Stand For

List 5 values to model and pass on:

1. _____
2. _____
3. _____
4. _____
5. _____

Discuss: How can each be practiced at home? (e.g., Respect = greet elders; Service = help at home)



Section 7: My Family Action Plan

You can add other focus areas

Focus Area	What We'll Do Differently	Start Date	Comment
Communication	Weekly family talks		
Responsibility	Chore chart & rewards		
Empathy	Visit an orphanage		
Collaboration	Meet teachers often		



Bonus: Parenting Bingo

Mark the ones you've said this week 😊

- "Do I look like your house help?"
- "When I was your age..."
- "Don't let me repeat myself!"
- "Go and ask your mother/father."
- "Money doesn't grow on trees!"

Challenge: Replace one yell phrase with one connect phrase.

"Why did you do that?!" → "Help me understand what happened."



Closing Reflection: Passing the Baton

My Parenting Promise: "I may not control the world my child will face, but I will prepare the leader who will face it."

Signed: _____

Date: _____



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Coach Tejiri Jerry Chunu, Fpmc, fondly called **UnusualTeajay**, is a **U.S.-Certified Family Wellness Coach, Digital Parenting Expert, and Teens Leadership Strategist** with over **27 years of experience** empowering families, young leaders, and organizations.

He is the visionary founder of **The Nursing Fathers Community**, **The GLAD Digital Parent Tribe**, and **Teens on Fire Leadership Network (TOF Nation)** platforms transforming families and shaping the next generation for leadership and digital responsibility.

He has inspired and mentored **over 50,000 teenagers across Nigeria** through innovative. His social innovation work spans quality education, enterprise development, and leadership transformation, creating value-driven impact across communities.

Coach Teajay serves as **CEO of Dotbob Creative Solutions**, **Executive Director at The GLAD Company**, and **Director of Studies at Ignite StartUpX LEAD Programme**. He has trained and facilitated programs for organizations including **Google Digital Skills for Africa**, **SIGTRI**, **CBN**, **STRENGTH AFRICA**, **ACCESS BANK**, **FOZY GLOBAL**, **NAMA**, **First Lady of Lagos State**, **Edo State Govt** and others.

A Rotarian, Toastmaster, and Fellow of the International Association of World Peace Ambassadors, he models leadership through service. He is happily married and a proud father of five.



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