Parenting Reflections: How do you see yourself as a parent? Taking time to reflect will support you in recognizing how you are <u>showing</u> your actions – are you modeling what you hope to or are there things you feel you want to model differently?

- Two words that describe my parenting:
- I wish my child knew:
- The best part about being a parent:
- The hardest part about being a parent:
- My biggest strength is:
- My weakness is:
- I would like to do more of:



- I would like to do less of:
- My mood is typically:
- I hope that some day my child will:
- I know that some day my child will:
- What kind of parent I strive to be:
- I am proud of:
- I practice self-care by:
- I practice self-regulation by:
- This reflection has me feeling:

