

YOUR PARENTING STORY

What influenced you to become the type of parent that you are?

What were your own experiences of being parented?

What is it like to remember yourself as a small, vulnerable child who needed care and love?

How do your childhood experiences effect your parenting?

What would help you be a better parent?

What makes you a worse parent?

Pick 3 words to describe yourself as a parent

1. _____
2. _____
3. _____

Can you briefly describe a memory of yourself as a parent that illustrates each of the words you have chosen?

1. _____

2. _____

3. _____
