

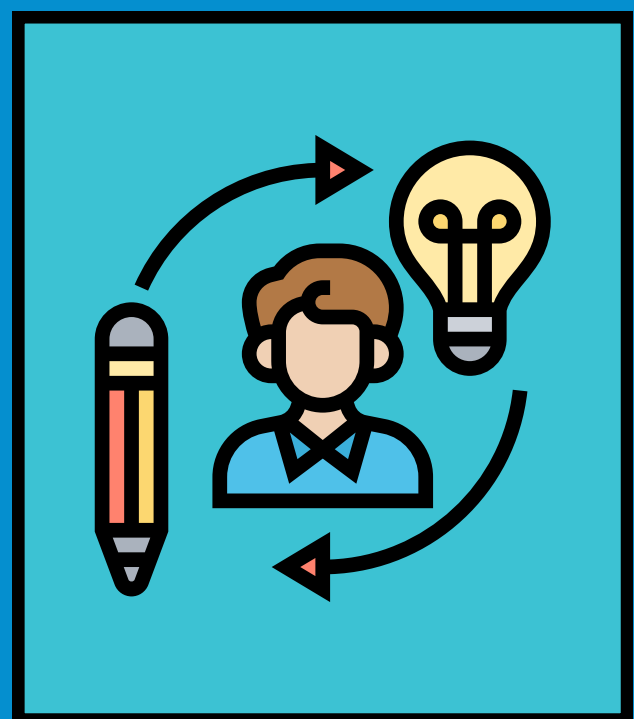
SELF-REFLECTION FOR PARENTS

TIPS TO HELP YOU REFLECT

Parenting is a learning process. It takes time to figure things out. Consider getting a journal and make reflecting a daily practice. Sharing experiences with other parents can also be helpful. If you're struggling, don't be afraid to talk to a therapist or counselor.

GENERAL SELF-REFLECTION QUESTIONS:

- What values do I want my children to have when they grow up?
- What type of parent do I want to be?
- Am I taking care of myself and my needs as well?
- Are there specific stressors that affect my parenting?
- How well are my partner and I working together toward the parenting style we want to achieve?
- What tools help me, the parent, be more consistent?



AFTER A SPECIFIC BEHAVIOR OR INCIDENT:

- What mood was I in before this happened?
- Is this behavior new or recurring in my child?
- Is there a noticeable pattern of this behavior?
- Can this be caused by an unmet need?
- What do I feel when my child acts this way?
- How do I want to respond when my child acts this way?
- Is there anything I can do now to help me or my child prevent this behavior?

POWER OF REFLECTION!

Working on how you parent can feel like another chore! But once you start seeing the benefits, it'll feel worth it. Reflecting can be a powerful tool for growth and improvement. We do many of these exercises in our Any Baby Can programs. Visit anybabycan.org or call us at 512-454-3743 if you'd like a partner in this process!

REFLECTING ON YOUR OWN UPBRINGING:

- What was my relationship with my parents like when I was my child's age?
- Am I worried that my child might experience bad things that I experienced?
- Am I worried that my child might not experience bad things I experienced, and I envy that?
- Do I have a lot of fears about being the same kind of parent that mine was?
- Were there certain emotions I wasn't allowed to express to/with my parents?



SUPPORT AND RESOURCES

Any Baby Can helps children succeed by supporting their whole family through:

- Parent support groups
- Parent Cafés
- Parenting classes
- In-home parent coaching
- Mental health counseling (for families enrolled in services)

*If you're in a crisis, call 911 or contact a crisis hotline:
1-800-273-8255 in English
1-888-628-9454 en español*

Sources:

- (1) <https://huckleberrycare.com/blog/what-is-positive-parenting-self-reflection>
- (2) https://www.huffpost.com/entry/parents-influence-parenting-kids-childhood_l_63ecee3ee4b02c257379fcaf