



How You Parent vs. How You Were Parented



Understanding Yourself as a Parent

As you embark on your journey to understand your parenting approach and learn ways to better support your child, one of your first steps is to reflect on the values and beliefs that you were raised with and hold dearly to. These values guide your parenting decisions and directly impact your relationship with your child.

Take some time to reflect on the following:



- What were your parents' values when they were raising you?
- What values are important to you as a parent, and why do they matter?
- What are your spouse's values, and how are they similar to or different from yours?
- What did the significant adults in your life do or say to make you feel important, loved and cared for? What do you plan to do so that your child can feel the same way?



Your Relationship with Your Child

As a parent, your values in parenting can affect the way you communicate and interact with your child. This contributes to how they see the world and form their own values.

It is also important to understand how you are feeling and how to manage your emotions. Reacting to a situation emotionally can confuse your child as what you say or do may not accurately reflect your true intentions in the moment.

Take some time to reflect on the following:



- What are your biggest hopes or dreams, and worries for your child?
- How are your interactions with your child? How would you like your interactions to be?
- Which topics typically lead to more heated or tense discussions with your child? How can you approach these topics more sensitively?

Tips

- 1 Share the values that matter to you.
- 2 Ask your child what they value and discuss how those values can guide family interactions.
- 3 Draw links between the behaviour you are hoping to teach and the values behind them that are important to you and your family.

Sample Conversations



I know when we talk about your studies, we often end up arguing. **1** No matter what we are discussing, I hope we can have respectful conversations. **2** How do you think we can improve our communication?

You always call me 'lazy' when we talk about my studies. I don't like it because I've actually been working very hard.



2 Thank you for sharing with me. It's important to me that you feel safe to share your honest feelings and thoughts. **3** As long as you try your best at your studies and don't give up easily when you can't resolve the problem, I'm proud of you.

