



This parenting worksheet serves as a valuable tool for fostering meaningful conversations and insights. It is a guide for parents to reflect and for practitioners to encourage them to share their personal experiences, challenges and triumphs in parenting. The tool is designed to support open dialogue to create a safe space for parents to express their thoughts, feelings, helping them to identify their values and aspirations. The tool has been designed as a simple tool to empower parents to gain a deeper understanding of their parental journey.

# TELL ME ABOUT YOU AS A PARENT.....

As a parent, you have valuable insights that will be useful to know .Fill in the blanks and reflect on your experiences as a parent.

I am a .....parent  
 I need to become a more.....parent  
 My child would say I am a ..... parent  
 I wish my child would stop.....  
 I wish my child would start.....  
 I hope my child never.....  
 I need to give my child more.....  
 My childs behaviour would be better  
 if.....  
 .....  
 My child makes me proud when.....  
 My child disappoints me when.....  
 My childs behaviour is usually.....  
 My child does not like.....  
 My child likes it when I.....  
 I want to teach my child to.....  
 My discipline style is.....  
 I hope some day my child will.....  
 I know that some day my child will.....  
 One thing I will never do as a parent is.....

