

Parenting Reflection Worksheet

This worksheet is designed to help you reflect on your parenting style, strategies, and goals. For each question, take time to think about your beliefs, approaches, and areas you'd like to grow.

1. Core Parenting Beliefs

- What values are most important for you to teach your child?
 - *Your answer:* _____
- What do you believe children need most from their parents?
 - *Your answer:* _____

2. Communication

- How do you communicate expectations to your child?
 - *Your answer:* _____
- How do you respond when your child is upset or emotional?
 - *Your answer:* _____

3. Managing Behavior

- What strategies do you use when your child is misbehaving?
 - *Your answer:* _____
- What do you think your child learns from this approach?
 - *Your answer:* _____

4. Discipline vs. Punishment

- How do you define the difference between discipline and punishment?
 - *Your answer:* _____
- In a recent situation, did you discipline or punish? What would you change next time?
 - *Your answer:* _____

5. Encouragement and Praise

- How do you acknowledge positive behavior?
 - *Your answer:* _____
- What types of achievements or behaviors do you praise most often?
 - *Your answer:* _____

6. Stress and Patience

- How do you handle parenting when you are tired, stressed, or overwhelmed?
 - *Your answer:* _____
- What strategies help you remain calm and steady?
 - *Your answer:* _____

7. Consistency

- In what ways are you consistent in your parenting?
 - *Your answer:* _____
- Are there rules or expectations that change depending on your mood or environment?
 - *Your answer:* _____

8. Connection and Relationship

- How do you intentionally build connection with your child?
 - *Your answer:* _____
- What is one thing you want to improve in your relationship?
 - *Your answer:* _____

9. Reflecting on Your Own Childhood

- How has your childhood influenced your parenting?
 - *Your answer:* _____
- What patterns are you intentionally continuing or changing?
 - *Your answer:* _____

10. Future Vision

- What qualities do you hope your child has as an adult?
 - *Your answer:* _____
- How can your parenting today support that outcome?
 - *Your answer:* _____

Final Reflection

- If you could describe your parenting in one sentence, what would it be?
 - *Your answer:* _____