

Your Parents' Parenting Worksheet

In thinking about how you want to parent your child, it is helpful to review how your parents' parented you. Each parent would have treated you differently. This worksheet helps you reflect on how you were parented as a child.

Rate each of your parents on a scale of 1 to 5, where **1 = not at all** and **5 = very much**. If you had more than 2 parents, add an extra sheet. Try to have each parent of your child complete this worksheet. Sharing your ratings with one another is a good way to start talking about the kind of parenting each of you wants to provide for your child.

Positive Parenting Qualities	When I was growing up, I think my Mother ...[1-5]	When I was growing up, I think my Father ... [1-5]
Loving		
Was warm and nurturing		
Showed unconditional love, even when I was disobedient		
Listened for and reacted sensitively to my needs		
Had compassion and respect for me		
Understanding		
Understood my temperament and worked with it		
Built on my strengths		
Was flexible with me		
Reasonable		
Was consistent and predictable		
Set and communicated clear limits and expectations		
Set natural and reasonable consequences		
Protective		
Was actively involved with me		
Provided a physically and emotionally safe environment for me		
Teacher		
Provided opportunities to learn in an atmosphere of acceptance, encouragement and expectations of success		
Offered choices and encouraged problem solving and decision making		
Role Model		
Modeled appropriate behaviour		
Recognized his/her own strengths and weaknesses		