

# Reflecting on Your Parenting

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## Session 1 – Change Starts with You!

1. Think about your parenting. What are you most proud of?
2. What is one thing you would like to change in your parenting style? What can you do this week to begin that change?
3. How would you describe your default parenting style? How do your kids react to that style?
4. Identify one stressful situation that might come up at home this week. Write an example of how you would like to speak or act in that situation rather than reacting from your default style.