



What Kind Of Mother Do I Want To Be?



- What are some things your parents did which you think helped you and which you want to repeat with your children?
- Are there any things they did which you don't want to repeat?
- Are there helpful or unhelpful parenting skills you have learned from other family members, friends or from observing other parents?

Things I want to remember to do:

Example:

"I want to explain to my child why some things are not good to do, for example, using drugs."

Things I want to avoid doing:

Example:

"I do not want to use words that will hurt my child's feelings."
