

Parenting With Purpose

Parenting can be difficult; it is easy to lose sight of what is important. Defining meaning and purpose for ourselves as parents and our children can offer a valuable compass for day-to-day decision-making (Hart, 2006).

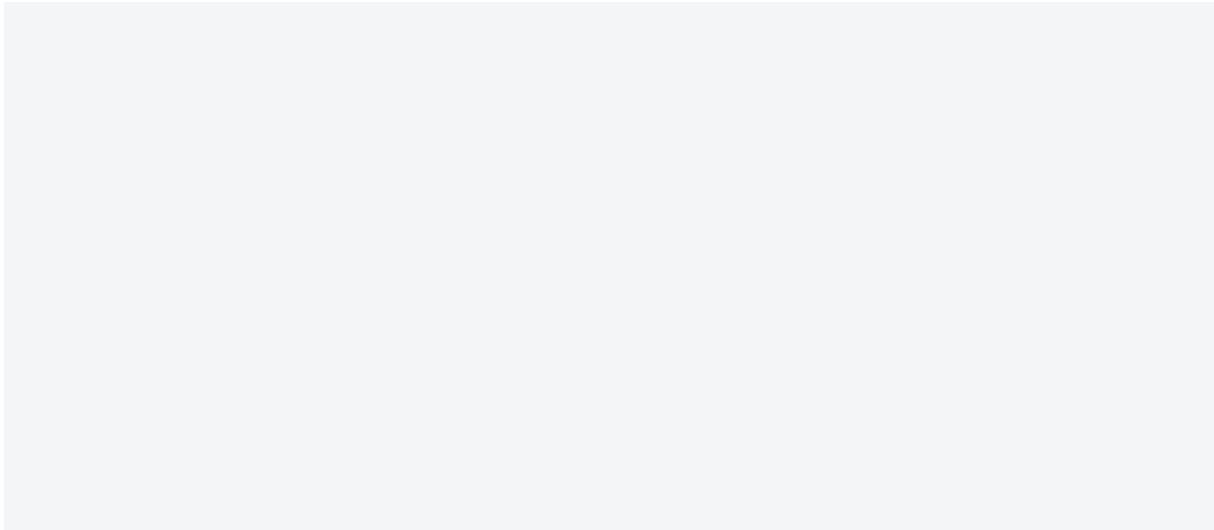
This worksheet is a helpful reminder of your values and purpose as a parent.

In a moment of calm, away from interruption, and ideally distancing yourself from feelings of conflict, ask yourself the following questions:

What is important to you? (What values do you hold? What do you wish for out of life?)

What are you parenting for? (What do you see as meaningful in your role as a parent?)

What do you intend from interacting with your children? (What would you like to show and share with your children?)



The answers to the questions can help you understand what kind of relationship you would like with your children and why.

References

- Hart, S. (2006). *Respectful parents, respectful kids: 7 keys to turn family conflict into co-operation*. Encinitas, CA: PuddleDancer Press.

Dr. Jeremy Sutton