

DISCOVERING YOUR PARENTING STYLE AND INFLUENCES

ALIGN YOUR VALUES AND STRENGTHEN
YOUR FAMILY BONDS THROUGH
INSIGHTFUL REFLECTION

TABLE OF CONTENTS

1 Welcome
.....

2 Why Parenting Styles Matter
.....

3 Identifying Your Parenting Style
.....

4 Integrating and Balancing
Parenting Styles
.....

5 Next Steps in Your Journey
.....

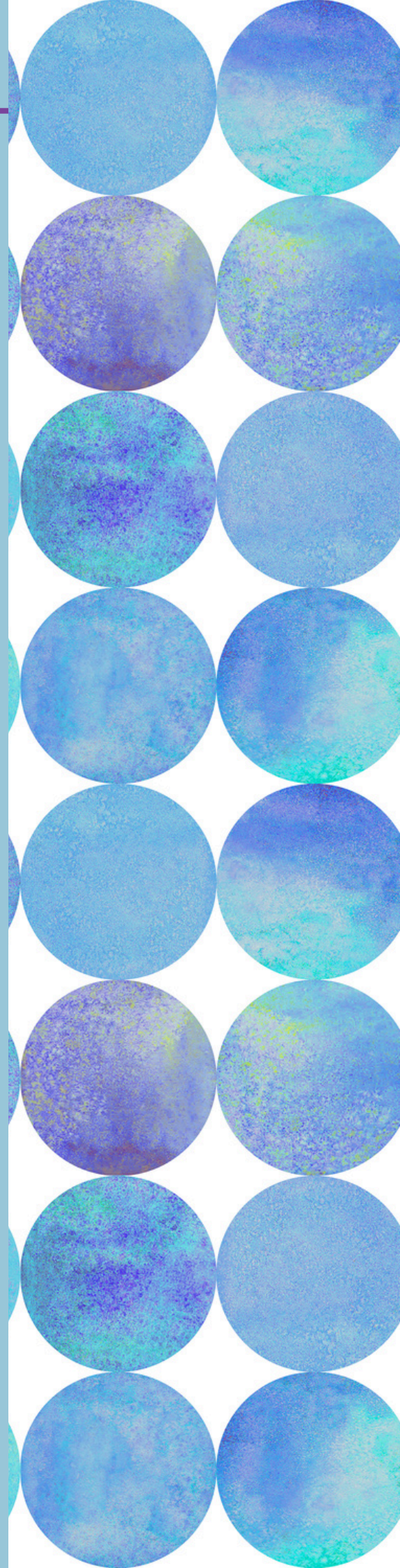


01 Welcome to the Parenting Style Workbook

Parenting is as unique as the individuals who take on the role. Your experiences, values, and the influences from your own upbringing shape how you approach this journey. This workbook is designed to help you explore and reflect on your parenting style and the influences behind it. By understanding where your methods come from, you'll be able to align your core values with the needs of your child, creating a stronger, more connected relationship. Dive into these exercises with an open mind and discover new ways to parent with intention, balance, and clarity.



Hi, I'm Raya! With my combined experience in K-12 Education and a focus on Cognitive Behavioral Therapy, I'm passionate about supporting parents on their journey. Together, we'll explore strategies that help you thrive as a parent while nurturing your child's growth. Let's take the first step toward unlocking your full potential as a parent and building stronger connections with your children.



02 Why Parenting Styles Matter

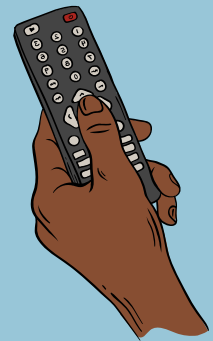


Your parenting style is the foundation of your relationship with your child. **It shapes how your child experiences the world, develops their sense of self, and builds relationships with others.** Understanding your parenting style helps you recognize how your actions and reactions influence your child's behavior, emotions, and long-term development.

Parenting is not one-size-fits-all. **Every family has its own dynamic, and what works for one child may not work for another.** That's why discovering your unique parenting style is essential. It allows you to:

- **Set the tone for your household:**

- Your approach to parenting sets the emotional climate for your home. Whether you're authoritative, permissive, or somewhere in between, your parenting style impacts how your child feels and behaves.



- **Adapt to your child's needs:**

- Different children respond to different parenting approaches. By understanding your style, you can adjust your strategies to meet your child's emotional and developmental needs more effectively.



- **Build a strong foundation for growth:**

- A balanced and aware parenting style encourages independence, self-confidence, and emotional resilience in your child. It's a powerful tool for fostering healthy development.



02 Reflection



- With your changes
- Without your changes

Take a moment to set up a quiet, comfortable space where you can focus on the questions ahead. Reflect on each question fully—this is your time to gain insight into your unique parenting style.

Reflection Questions:

- How would you describe your parenting style as if you were viewing it through your child's eyes?**

Partner 1

Partner 2

- What specific moments or challenges have shaped your approach to parenting, and what did those experiences teach you?**

- If you could envision an ideal parent-child relationship, what would it look like, and what steps could bring you closer to that vision?**



- With your changes
- Without your changes



Discover Your Parenting Style

Understanding your parenting style helps create a foundation for a **more mindful and intentional approach to raising your child.**

Each style brings unique strengths, challenges, and areas for growth. By identifying your style, you can begin to understand the underlying influences on your reactions and decisions, helping you shape a supportive and effective relationship with your child.

1. **Each Parent** Take the Parenting Style Quiz:

Start with [this quiz](#) to discover which parenting style resonates with your approach. This step is not about placing yourself in a box but rather about gaining insight into how your behaviors and attitudes might affect your child.

Once you have taken your quiz, take a moment to read over more details on your parenting style.



Reflection

Take a moment to set up a quiet, comfortable space where you can focus on the questions ahead. Grab a sheet of paper or open a notes app on your phone to write down your answers. Reflect on each question fully—this is your time to gain insight into your unique parenting style.

Reflection Questions:

- **Did any part of your quiz result feel especially true or surprising to you? Why?**

Partner 1

Partner 2

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- **What parts of your parenting style do you feel work well with your child, and which areas might you want to adjust?**

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- **How might understanding your parenting style help you connect with your child in a way that feels good for both of you?**

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04

Integrating and Balancing Parenting Styles

In this exercise, you and your co-parent will work together to establish core parenting values. Take the time to discuss each question openly and honestly, considering how your individual approaches can be aligned to create a unified foundation for raising your children.

Which aspects of your parenting styles overlap when comparing your quiz results?:

Examples

1. Common Values and Priorities

- **Nurturing Focus:** "We both value nurturing and emotional support for our children."
- **Structure and Discipline:** "We both see structure and discipline as essential in raising our children."
- **Open Communication:** "We prioritize open conversations and encourage our kids to share their feelings."
- **Fostering Independence:** "We both value helping our kids become self-reliant and independent."

2. Different Approaches to Similar Goals

- **Clear Boundaries, Different Methods:** "We set clear boundaries but use different ways to enforce them."
- **Nurturing with Different Discipline:** "We agree on being nurturing, but we approach discipline differently."

3. Flexible and Adaptive Parenting

- **Flexible Parenting:** "We adapt our parenting style depending on the situation."
- **Leniency and Consistency:** "We both tend to be lenient, sometimes struggling with consistent rule enforcement."

4. Distinct Parenting Challenges

- **Balancing Discipline and Support:** "We both find it hard to balance discipline with emotional support, which can lead to conflicts."
- **Conflict Avoidance:** "We both tend to avoid conflict, sometimes letting issues go unaddressed."
- **Distinct Styles:** "We have distinct parenting styles with few overlapping areas."

Additional Notes:



Are there any aspects of your parenting styles that one of you prioritizes, but the other does not? *If so, discuss how you can address these differences and work towards finding common ground.*

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Select the Top 3 aspects you both believe are essential for raising your children. *Discuss why these elements are important to both of you and how they will shape your parenting approach.*

1. **Structure and Discipline**
2. **Open Communication**
3. **Emotional Support and Nurturing**
4. **Independence and Self-Reliance**
5. **Flexibility and Adaptability**
6. **Setting Clear Boundaries**
7. **Balancing Discipline and Emotional Support**
8. **Encouraging Social Skills and Cooperation**
9. **Promoting Educational Success**
10. **Fostering Creativity and Imagination**

Additional Notes:

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With your changes

Without your changes

How do you plan to incorporate the overlapping aspects of your parenting styles into your daily routines and decision-making as parents?

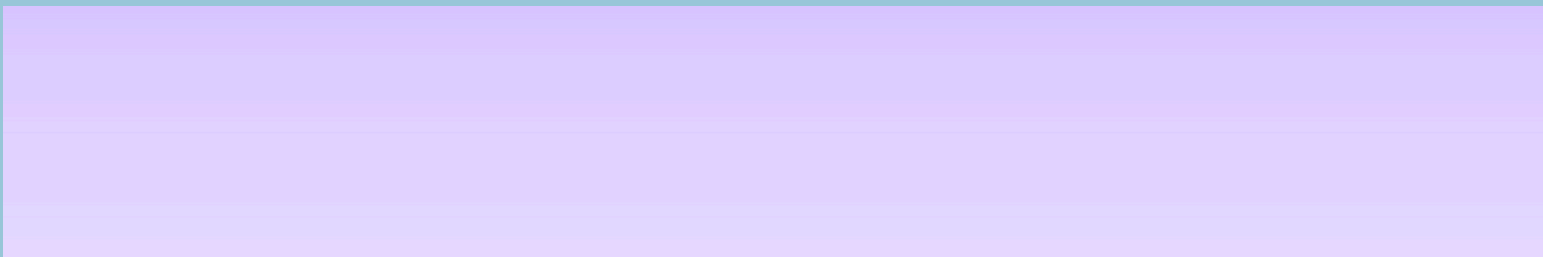
For example, if one of your shared priorities is open communication, you might commit to having regular family discussions where everyone's thoughts and feelings are heard. This could involve setting aside time each day to check in with each other, addressing any parenting challenges together, and making decisions that align with your shared approach.



Work together to create a parenting mission statement that reflects the key elements of your shared parenting styles. This statement will serve as a guiding principle for how you raise your children. Write down your mission statement and place it somewhere visible in your home as a daily reminder.

Example Parenting Mission Statement:

"We commit to fostering open communication, encouraging independence, and providing a nurturing environment, guiding our children with love, respect, and consistency."



05 Next Steps

CONGRATS!!

Congratulations on Completing the Parenting Styles and Influences Workbook!

Now that you've explored and shared your unique parenting styles, it's time to put these insights into action. Embrace your strengths as co-parents by practicing active listening, regularly discussing how your styles shape decisions, and finding ways to blend your approaches effectively.

As you move forward, focus on activities that support your shared goals, provide consistent emotional support, and present a unified approach to parenting.

For continued guidance, consider scheduling a coaching session. Together, we can build on these reflections to strengthen your communication, enhance your teamwork, and align your parenting strategies even further.

Your Partner in Progress

ILLUMINATING YOUR PATH TO CLARITY AND FULFILLMENT



Therapy Sessions



Community Meetings



Monthly Retreats



Birthday Parties



Tutoring Program



Preschool Academy



Therapeutic Support

Academic Support



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Ready to take the next step?