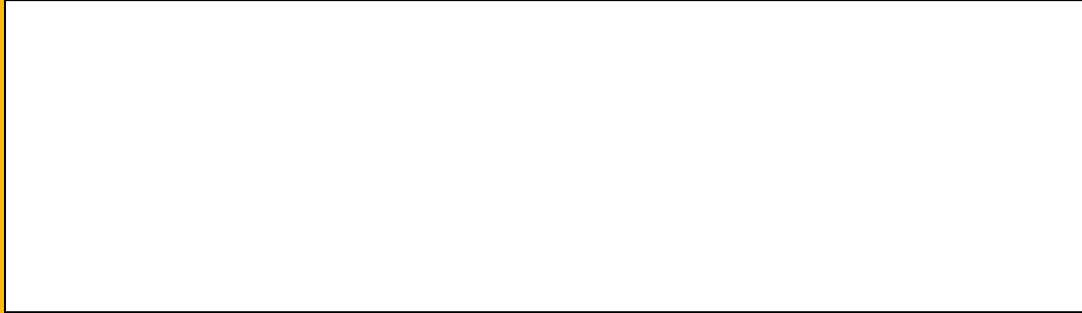
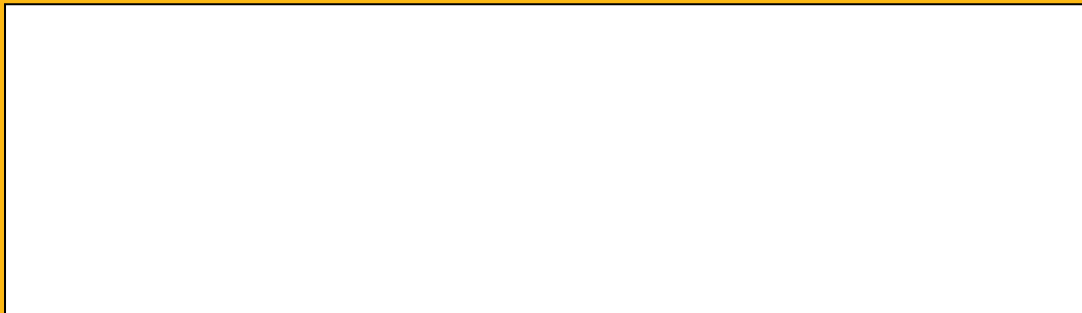


Activity 1

Identify the positive parenting patterns that influence your parent-child relationship.



Identify the negative parenting patterns that influence your parent-child relationship.



How do you discipline your child when she does something she knows she's not supposed to do?



What are your expectations for your child when it comes to friends, nutrition, education, extra-curricular development, and schedules (bedtime, meals, free time, TV)?

How much overall control do you exert over your child's life?



Activity 2

Can you think of instances where you might have been overly critical of your child?

Do you nag your child about certain things over which he or she has little or no control?

Are you expecting your child to live up to an unobtainable measure of perfection?

