

# WHAT I LEARNED FROM MY PARENTS ABOUT BEING A PARENT



for  
Women

*No one is born knowing how to be a good parent. We learn to be parents. Some things we learn are good and some things we learn are not-so-good.*

## Where do you get information to guide you as a mother?

- books, magazines or the Internet
- a parenting course or family therapy
- CAS worker or family support worker
- advice from my mother or father today
- television (e.g., Oprah, Dr. Phil)
- advice from friends, sisters & brothers, co-workers
- my mother or father while growing up
- other:

## What did your mother do well when you were growing up?

- |   |                                   |                                    |                                  |
|---|-----------------------------------|------------------------------------|----------------------------------|
| gave me encouragement and praise .....        | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| took an interest in my school work .....      | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| provided a comfortable home .....             | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| kept me safe from sexual abuse .....          | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| kept me safe from physical abuse .....        | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| taught me to respect others .....             | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| taught me to respect myself .....             | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| fed and clothed me well .....                 | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| let me have a stress-free childhood.....      | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| spent fun time with me.....                   | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| disciplined me in a fair way.....             | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| protected me from bad people.....             | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| understood me as an individual.....           | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| made me feel loved and wanted .....           | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| I knew I could tell her anything .....        | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |
| helped me feel girls are as good as boys..... | <input type="checkbox"/> good job | <input type="checkbox"/> so-so job | <input type="checkbox"/> bad job |

## What else did she do well?

**Read the items you checked off as “bad job.”**

**List three words to describe how they made you feel back then**  
(e.g., embarrassed, scared, unlovable, stupid, angry, sad).



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**In what ways do you want to parent like your mother did?**

**How are you trying to be different?**

**What did your father do well when you were growing up?**

- gave me encouragement and praise .....  good job     so-so job     bad job
- took an interest in my school work.....  good job     so-so job     bad job
- provided a comfortable home.....  good job     so-so job     bad job
- kept me safe from sexual abuse .....  good job     so-so job     bad job
- kept me safe from physical abuse .....  good job     so-so job     bad job
- taught me to respect others.....  good job     so-so job     bad job
- taught me to respect myself .....  good job     so-so job     bad job
- fed and clothed me well.....  good job     so-so job     bad job
- let me have a stress-free childhood .....  good job     so-so job     bad job
- spent fun time with me.....  good job     so-so job     bad job
- disciplined me in a fair way .....  good job     so-so job     bad job
- protected me from bad people .....  good job     so-so job     bad job
- understood me as an individual .....  good job     so-so job     bad job
- made me feel loved and wanted.....  good job     so-so job     bad job
- I knew I could tell him anything .....  good job     so-so job     bad job
- helped me feel girls are as good as boys.....  good job     so-so job     bad job

**What else did he do well?**

**Read the items you checked off as “bad job.”**

**List three words to describe how they made you feel back then**

(e.g., embarrassed, scared, unlovable, stupid, angry, sad).

**In what ways do you want to parent like your father did?**

**How are you trying to be different?**