

## Week 3. THE “WE”: WE’RE IN THIS TOGETHER!



### JOURNALLING REFLECTIONS FOR THIS WEEK

\* What is my relationship with “yes” and with “no”? And how does that affect the way I share “yes’s” and “no’s” with my child?

\* Can I think of an example of a “no” that was offered to me and that I experienced as positive? Can I think of an example of a “yes” that was offered to me that I didn’t experience as beneficial? What does the “yes” or the “no” depend on in order to ultimately be beneficial to my being and to my growth?

\* What parenting style do I lean toward? Am I more lenient, permissive, strict, laissez-faire, authoritative, responsive, overly concerned and hovering, attentive... ? What about my partner, or if I am single parenting, what about my child’s other significant caregivers and friends? Do we balance each other out? Are we similar?

\* What steps might I take to bring more quality time to the relationship with my child?