

Week 5. Navigating the “IT”: INTERFACE WITH THE WORLD ~ My Roles as a Parent

WORKSHEET 2: The various roles I play as a parent



Consider the following roles. These are just some of the roles we embody as parents. Add others you are aware of and embody. Reflect on *which ones you step into frequently, which ones less?* Also, *which ones come easily to you, and which ones are harder for you to embody?*

You could also reflect on this with your partner, co-parent, or any significant other person co-responsible for your child, and contemplate *how you have divided up the roles, who plays which one more than the other, how you complement each other or not.*

Would you like to balance your roles more? Let go of some, take others on more? I invite you to consider these roles and how you weave them into your parenting as a dynamic ongoing experience.

Nurturer (comforting, connecting, holding, cuddling, loving, understanding, listening, nourishing, attachment figure...)

Organizer (scheduling, coordinating, managing, following-up, driving, planning...)

Mediator (listening, negotiating, interceding and helping resolve conflict, creative solution finding, integrating differing viewpoints)

Provider (going to work, making money, sustaining the family by providing shelter, food, clothing, transport etc.)

Teacher (educating your child about any and all areas of life, including acceptable behavior/discipline)

Learner (facing the unknown, not knowing, studying, exploring, discovering, integrating, asking questions, being curious, researching...)

Therapist (listening to the deeper layers, the roots behind behavior, working with repair and healing, helping child differentiate, adapt and integrate,)

Playmate (getting down on your knees and playing legos, kicking the ball around the field, wrestling, acro-yoga, being a fun friend, laughing, joking, giggling, having adventures together...)

Guide (compass, 'tour guide', introducing and orienting your child to the world, giving tips, tools and skills on how to navigate self, other, and the world)

Gatekeeper (standing at the gate between your child's world and the larger world out there, discerning readiness for exposure, gradual loosening and opening of gate as your child matures, protecting and encouraging)

Model (example of what it is to be a human being... "I teach through what/who I am, more than through what I do or say")

Other roles you play:

Are there any changes you would like to make in which roles you hold, or how you hold them?