

Handout 11: The “Ideal” Parent

Instructions: Parenting is a difficult job. Parents are expected to provide a safe and nurturing environment; to help their children develop trust, self control and self-esteem; and to help their children develop good judgment. It’s no wonder the job of parent is so important and often overwhelming. There is no magic formula to be the “perfect” parent.

Your task is to define the kind of parent you would *like* to be. In other words, what style of parenting works for you and your family? To do this, first think about:

- Your own parents. What do you like about the way they parented? What would you do differently?

- Other family members, neighbors, friends, or TV characters that you think are good parents. What is it about their parenting style that you admire?

- Your own children as parents. How would you like to see them parent your grandchildren? What advice would you give them? What parenting skills do you want them to begin developing now?

- The tasks that parents do (protect and nurture children, teach values and behaviors, communicate expectations, set rules, discipline, resolve conflict, etc.). What do parents need to know, and how do they need to behave, in order to do these tasks well?

Remember, this is a picture of the kind of parent you would like to be.

Let your imagination go!