PARENT ENGAGEMENT MODULES SERIES Module 2: Using Positive Discipline to Support Your Child's Development California Department of Education

01/2020

Personal Reflection Sheets

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Your parenting style is likely based on how you were raised or what you believe. Take a few minutes to think about your story and answer the following questions:

fe	w minutes to think about your story and answer the following questions:
•	What did you learn from your parents?
•	How does what you learned from your parents influence what you do and say as a parent?
•	What similarities to the four parenting styles discussed do you notice in your own parenting?

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What do yo	u expect	from y	our child?
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Think about your child and what you have learned about their development and temperament. Reflect upon and answer the following questions:

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Culture matters!

Think about your	culture and	l beliefs for	your family	and refle	ct on the	following
auestions:						

qu	estions:
•	What did you learn from your parents?
•	How does what you learned from your parents influence what you do and say as a parent?

• What similarities to the four parenting styles discussed do you notice in your own parenting?