

YOUR PARENTS UNDER PRESSURE JOURNEY: WHAT TOOLS HAVE YOU ADDED TO YOUR PARENTING TOOLKIT?

It is always helpful to stop and consider the journey you have taken. Today give some thought to where you have come from as a parent and how your relationship has changed with your children and others around you.

Try to identify your strengths as a parent and how you have developed these over the course of the program. What has been the greatest learning for you?

Think about the idea of parenting tools... Can you identify what particular ideas have really added to your toolbox?