

## WHERE DID YOUR BELIEFS AND VALUES AS A PARENT COME FROM?

Sometimes parents act a lot like their own parents or carers. Are there things you do that your parents (or carers) did?

Think about the positive things your parents did that you do for your own children (or want to be able to do but can't for some reason).

Were there times when your parents acted in ways that you now believe were unfair, wrong or harmful? Do you:

(i) Ever find yourself acting in a similar way?

(ii) Go out of your way to do the opposite?