# USING POSITIVE DISCIPLINE TO SUPPORT YOUR CHILD'S DEVELOPMENT: MODULE 2

#### **Personal Reflection**

# What is your story?

Your parenting style may be because of how you were raised or what you believe. Take a few minutes to think about your story and answer these questions:

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•	What did you learn from your parents?	
•	How does that affect what you do and say as a parent?	
•	What similarities in your own parenting do you notice to the four parenting styles	
-	discussed?	

#### **Personal Reflection**

# What do you expect from your child?

Think about your child and what you have learned about their development and

temperament. Reflect on the following questions:		
•	What do you expect from them at the age they are now?	
•	What do you expect from them as they get older?	
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•	How do you share what you expect with your child?	

## **Personal Reflection**

### **Culture Matters**

Think about your culture and beliefs for your family and reflect on the following questions:

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•	What qualities do you value and desire for your child?
•	How might your cultural values influence the way you see your child's behavior?
•	How are these messages communicated in your family?