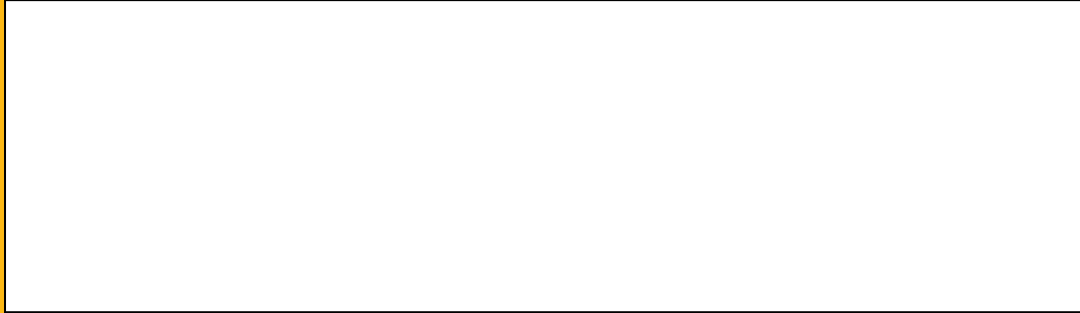
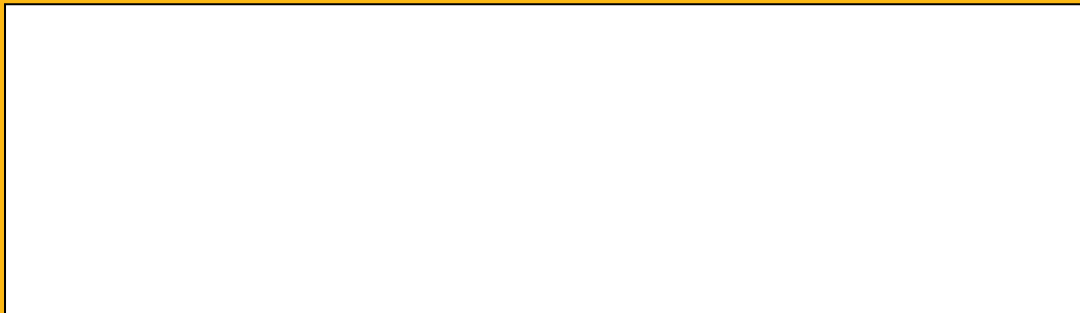


## Activity 1


**Identify the positive parenting patterns that influence your parent-child relationship.**



**Identify the negative parenting patterns that influence your parent-child relationship.**



**How do you discipline your child when she does something she knows she's not supposed to do?**



**What are your expectations for your child when it comes to friends, nutrition, education, extra-curricular development, and schedules (bedtime, meals, free time, TV)?**

**How much overall control do you exert over your child's life?**



## Activity 2

**Can you think of instances where you might have been overly critical of your child?**

**Do you nag your child about certain things over which he or she has little or no control?**

**Are you expecting your child to live up to an unobtainable measure of perfection?**

