



WHAT IS IMPORTANT TO YOU AS A PARENT?

Our values and beliefs are important, especially those about being a parent.

Values and beliefs are sometimes thought of as guidelines on how we live.

Doing things that do not support our beliefs can be harmful, causing us mental and emotional stress.

It's not always easy to put your values and beliefs into practice. Sometimes time, frustrations, habits and other people can influence how we behave.

Think about:

What are your values and beliefs as a parent?

What are your barriers?

What can you do to follow your beliefs about being a parent?