## Family Support and Early Intervention Division HOME VISITING



## NM Home Visiting Program Reflections on Parenting

We know from experience that when we become parents, we often think about and reflect on our own experience as a child and the family we grew up in. Parents also often reflect on their childhood in relation to the type of parent they want to be since the way we parent our children is affected by the way we were parented. That we parent the way we were parented tends to happen automatically, without even thinking about it. These questions will help home visitors understand what is important to the parents they work with, and what might have influenced the way they parent.

Even if parents don't have much to say at the time the questions are explored, offering these questions during a conversation places the topic on the table, and gives parents' permission to talk about it at some point in the future, if they choose.

1. What has it been like for you to be a parent (or imagine it will be like if you're expecting)?

2. When you think about how your parents parented you, what is something that you would like to pass on to your child?

2a. What is something that you would like to do differently?

3. What was the most important experience (or ongoing experiences) from your childhood that had a significant impact on you?

	4.	Conflict is a part of life, and how we deal with conflict impacts ourselves and those around us. How did the family you grew up in handle conflict?
	4a.	Based on your experience with conflict in the family you grew up in, is there something you would like to do differently for your family today?
5.		ong the lines of what we've been talking about, is there anything else you can think of that u'd like to share with me or talk about another time?