

Ask yourself the following questions:

What is important to me? What are the values I want my child to have?

What do I want my child to know about me?

What are the obstacles I have to show up fully in my relationship with my child?

How can I start to make extra time for my child?

How can I start to be more present in my child's life? Be more patient and connected?

How am I showing my child that I love her/him on a daily basis?

How am I responding to her/his negative behaviors? Or am I reacting? Do I know the difference?

How am I celebrating my child's accomplishments and successes?

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BOOKS:

The Conscious Parent: Transforming Ourselves, Empowering Our Children
by Dr. Shefali Tsabary

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive
by Daniel J. Siegel

The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection (Audiobook) by Brené Brown PhD LMSW