



Parenting Styles That Work for You Action Plan

We are packing our children’s suitcases from the moment they are born! The day-to-day decisions we make as parents reflect our values and form our parenting style.

There is no one “right way” to parent. Most parents’ styles are a mix of the “brick” (strict, orderly), “marshmallow” (permissive, soft), and “tree” (balanced, flexible yet rooted) styles described in the video. Having a clear sense of your values and goals will help you choose the parenting style that works best for you and your child, and as a result, help you fill your child’s suitcase with the qualities and skills that are most important to you. You can help fill your child’s suitcase by choosing parenting actions that fit with the values and goals you have for yourself, your child, and your family.

When your parenting style reflects your values and goals...

Your Two benefits by...

- Being guided toward your vision for his or her future
- Having your thoughtful guidance and support

You benefit by...

- Having principles to guide your parenting
- Feeling confidence in your parenting

My goals (click on the goals that suit you or write in your own)

- Get familiar with my values
- Choose goals for my child that fit my values
- Take parenting steps that reflect my values
- Consider ways in which I tend to be like a brick, a marshmallow, and/or a tree in my parenting, and make choices about the style of parenting that will work best for my child and for me
- Other _____

My Action Plan for teaching my child the qualities and skills most important to me

As children grow, parents can set up experiences for them that help fill their suitcases with the qualities and skills their parents believe are important. In the example below, a parent who values independence for their child can provide experiences at different ages that encourage the child to learn this skill.

INDEPENDENCE	Age 2	Age 6	Age 18
What is my child capable of?	Pour own juice from small pitcher	Wake up on own in the morning	Get to work on time
What experiences encourage this quality or skill?	Practice and support pouring in sink, bathtub, or sandbox	Give own alarm clock and show how to use it	Gets to class on time; turns in homework on time!
What does my child learn about him/herself?	“I can do it!”	“I can care for myself.”	“I am independent.”



● What goals do you have for your child?

What qualities and skills do you want in your child’s suitcase? For example, a parent might have the following three goals: My child has courage, is responsible, and works effectively with others. What’s important to you? What did you write in your child’s suitcase after the audio exercise? List three of your goals below.

Pick one of your goals from above. Create an Action Plan that will help you fill your child’s suitcase.

Goal for my child _____

What experiences can I provide across the ages to help fill my child’s suitcase?

Goal/Value	Age 2	Age 6	Age 18
What is my child capable of?			
What experiences encourage this quality or skill?			
What does my child learn about him/herself?			