

Why Do Parenting Values Matter?

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Welcome back! Lisa here. Last week, we talked about parenting values. I hope you've taken a little time to think about what your parenting values are. If you haven't read last week's blog, go back and take a look.

As a brief recap, parenting values are about *who you want to be as a parent*. Parenting values guide your parenting decisions and your parenting style, but parenting values and decisions/style are not the same. When you know what your parenting values are you can make clearer decisions about how you want to parent your children.

Many parents spend a lot of time questioning whether they are doing the "right" thing for their children. It can be difficult to sort out all the input you get from others (your coparent(s), your own parents, your friends, other parents in the neighborhood, pop culture, etc.) to know what you really think and feel about your own parenting. Identifying your parenting values allows you to assess your actions and feel assured that you are on the right track.

When you are questioning whether you are doing a good job as a parent, your values are a good touchstone to let you know the answer to that question. If you've really thought about your parenting values and your behavior is aligned with those values, then you are doing the job that is most important to you as a parent.



Likewise, your parenting values can help you get back on track when you make a misstep. If you find yourself saying or doing things that do not feel "right" to you or if you notice unwanted changes in the way you are relating to your children, check in with yourself to make sure that you are behaving in ways that align with your parenting values.

So, how do you figure out what your parenting values are? Answering the question, "How do I want my children to describe me as a parent?" can provide you with insight about your parenting values. Thinking about how you want to relate to your children can also provide



insight into your values. For instance, you may value spending lots of time with your children or you may value doing specific activities with them. You may value teaching and modeling behaviors for your children, or you may value letting them figure things out on their own. Remember, your values are not “right” or “wrong.” Instead, they’re based on what is most important to *you*.

Take a little time this week to figure out your own parenting values. If you need a little help with that, check out our *brand new* parenting values self-assessment, *Jumpstart Your Parenting!*