

You're a Natural!

11/29/22

Sarah here. We hope you enjoyed last week's self-reflections about your parenting prowess. And we hope you recognized your parenting prowess in action last week. Remember how I said that parenting prowess is naturally tied to self-confidence? Today is all about building you up and boosting your confidence in your parenting.

The thing is, you're already doing some things right as a parent. We know that to be true, whether you realize it or not. Because whenever we meet new families—even families that are *really* struggling—we're able to identify *some* strengths that they already possess. It's just sometimes hard to recognize those strengths. Stress, unhelpful thoughts and challenging emotions like self-doubt, uncertainty, guilt and overwhelm can make it hard to see your strengths and feel confident in yourself.



Just like last week, we want you to engage in a little practical self-reflection. Read through the questions that follow and notice what thoughts come to mind after you read each question. If you'd like, you can jot down your answers, but no pressure. Remember there are no right or wrong answers.

- What comes naturally to you as a parent?
 - It could be something big or small, something very specific or global, something you do or a quality you possess. It could be a pastime you enjoy sharing with your child or how you handle their questions about life’s mysteries. Maybe you possess a well of patience and you generally find it easy to keep your cool with them. You could be stellar at negotiating peace when faced with sibling conflict. Perhaps you consistently deliver consequences in a matter-of-fact no-nonsense way.
- “You’re already doing some things right as a parent.”
 - How do you *feel* when you read that statement?
 - What *thoughts* come to mind when you read that statement?

When you acknowledge your parenting strengths and you think about what you’re already doing right as a parent, your confidence will start to grow. And once you’ve identified your parenting strengths, you can focus on intentionally utilizing those strengths to make your life easier. We know that as a parent, you’re a natural. But what really matters is that you recognize the *ways* that you’re a natural. We want you to toot your own horn! So this week, notice what feels “easy” or “natural” as a parent and identify the strengths you’re using in those moments. This exercise will come in handy next week, as we talk about managing the holiday season and your kids’ upcoming winter break.