



Toolkit for Parenting Teenagers
Reflection Activity #3: The Parent Experience

Having a child can be a life-altering experience filled with ups and downs; good times and bad times. Often, parents go to books and articles to find tips on raising their teen when in reality they've been building their parental toolkit from the beginning. Every experience had as a parent has taught you something you want to do more of or something you want change. Take an inventory of your experiences as a parent. Try to think of an experience for each phase of your child's life and identify what happened, what you liked, disliked, accomplished, and learned.

Experience:

- **What I Liked:**
- **What I Disliked:**
- **What I Accomplished:**
- **What I Learned:**
- **How I Can Use It In The Future:**

Experience:

- **What I Liked:**
- **What I Disliked:**
- **What I Accomplished:**
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Experience:

- **What I Liked:**
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