

Module 2      IMPROVEMENT OF SELF-UNDERSTANDING AND  
RELATIONSHIPS

Session a      Our Baggage What We Bring as Parents from Childhood and How It  
Makes us “Who We Are”.

Session b      How Our Baggage Influences Our Parenting Skills

Handout Mod 2A  
Argumentative Situation

Your daughter Rosa is 15 years old; she is dating a young man who is 19. He doesn't attend school and has no job. Rosa insists on dating him steadily. How would you handle this situation?

Handout Mod 2 A  
Reflection Questions on Childhood – 2 A

1. What placement did you have in your family?
2. What type of discipline did your parents use?
3. Who was the disciplinarian in your family?
4. What were your daily needs and were your needs met?
5. Were both parents living in your home?
6. What were the rules in your household?
7. Were you closer to your mother or father and why?
8. Did you and your siblings get along?
9. How many people lived in your household?
10. Was discipline distributed evenly?

## Handout Mod 2 B Types of Parenting Styles

Directions: Add to the examples below.

Overindulgent – An overindulgent parent makes rules and allows child to break them without any consequences. They use money to buy love from the child instead of investing time and effort in them. They continually make excuses for children's behavior, i. e. "It's my fault, I didn't make it clear", "It's O.K. just don't do it again". They rationalize their child's behavior and never hold the child responsible.

Controlling – A controlling parent has a rigid adherence to rules and regulations. They must know what is happening in the child's life at all times. A child is never allowed to make decisions on his/her own. They must have total control over all aspects of a child's life, i. e. who their friends are, where they go, when they go, what they wear.

Balanced – A parent who has reasonable rules and consequences. They will listen to reasons for behavior and make decision based on all of the facts. They communicate with their children. They let a child take responsibility for their actions and assist them in making decisions.

Module 2 B  
Parenting Style Survey

1. Do you spend time or money on your child? \_\_\_\_\_
2. Do you make excuses for your child? \_\_\_\_\_
3. Does your child have a curfew? \_\_\_\_\_
4. Do you allow your child to make a mistake and live with it? \_\_\_\_\_
5. Can you name at least three of your child's friends? \_\_\_\_\_
6. Does your discipline method include consequences for behavior whether it is good or bad? \_\_\_\_\_
7. Have you ever hit your child in anger? \_\_\_\_\_
8. Do you have complete control of your child's finances? \_\_\_\_\_
9. Have you ever asked you child what kind of day they had and listened to their response? \_\_\_\_\_
10. Have you shared an experience of yours with your child? \_\_\_\_\_

## Role Play – Overindulgent Parent 2-B

Setting: Principal's office

Scenario: A parent has been called because their child has been caught cheating on a test. The Principal has called because this is not the first offense.

What would an overindulgent parent say in response to the accusation?

What would an overindulgent parent say to the Principal?

What would an overindulgent parent say to the child?