

I am a good and patient parent

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My children are a priority in my life. I do my best to provide the best possible life for my children. I consider the impact that my decisions and behavior have on their lives.

My children experience the best parts of me. They make me a better person.

I am learning everything I can about being a good parent. I enjoy learning how to be a better parent.

I am a patient person and my children make me even more patient. **I am very tolerant and understanding of my children's mistakes.**

I understand that children require a lot of time and effort. I am happy when I spend my time on my children. I am patient in all aspects of my children's lives.

I am a good person. I know the basis for being a good parent starts with being a good person. I make an effort to be the best person I can be.

I also set a positive example for my

children. I know that my children are always watching my behavior. I do a great job of demonstrating how I want my children to behave.

Today, I am putting extra attention on my children and my parenting skills. I am being the best parent I can be today. I am exercising patience with my children and with everyone else. I am a good and patient parent.

Self-Reflection Questions:

1. What do I need to do in order to be a better parent?
2. When am I most likely to be impatient with my children? What effect does this have on them?
3. Do I set a good example for my children? What could I be doing better?