

# Questions to Ask Myself

*The first step is to find a quiet moment, take a few deep breaths slowly and deeply, go inside you and find the truest response. This is not a trial by jury, this is your introspection. If the purpose of this quest is to enrich our child's life, then the exploration must be true and kind, as well as vigilant.*

- **Am I being responsive to my child's needs today?**  
If so take a sweet moment of celebration and appreciation. If not, kindly ask "what was the challenge for me today" Am I preoccupied with personal tensions? If so, what are they? I will set up time to work on them. I will ask for help if I need it.
- **Was I respectful and cooperative with my child today?**
- **Do I recognize that their abilities and interests are truly important to them?**
- **Do I recognize each child's style of loving?**
- **Do I recognize that they have a right to their own tastes and preferences?**  
Respecting a child's preferences means that you don't turn a matter of taste, custom and convention into a moral issue of right and wrong (brie and baloney)
- **Do I recognize the fact that a young child must first know the expectation and then be taught (through tons of practice) the rules of social behavior before he or she can be expected to follow and respect them?** (ex. supermarkets, manners of courtesy, family virtues that are held in high esteem)