



TIME TO REFLECT

How Upbringing Affects Parenting

While you are working to create a healthy home environment for your young person, it's important to remember that *you are a result of a family system*. Whether you had two parents, one parent, adoptive parents, or were raised by other adults, how you were parented affects your identity formation, self-perception, and interactions with others. Perhaps more important, your interactions with those who raised you color the relationship you have with your young person. This section offers a structured way for you to examine how your own upbringing and the dynamics within the family who raised you may inform how you parent.

1 Describe your relationship with your parents or the adults who raised you at the time you were the age of your young person.

a. What was their parenting style?

b. What did they do well, and where did the challenges or friction lie?

c. How do you feel about the way they raised you?
