

Discipline and My Foster or Adopted Child



By Renee Witkowski, ACC, Life Coach

1. What are our top three goals in parenting our child? (ex. Having a positive relationship with my child, raising a child who is kind, loving, compassionate, responsible, etc.)
2. How are we intentionally instilling these values in our child? (ex. Spending time together, volunteering, reading or discussing topics, books or sermons)
3. Connected parenting requires both nurture and structure. Which one is easier for me and for my spouse? What are we doing to show love and kindness to our child? How are we setting limits and providing structure for our child?
4. What type of parenting did my parents demonstrate? Was it harsh, rigid, permissive, uninvolved, or loving and fair?
5. What were some of the messages I received as a child? (ex. certain emotions are not okay to express, you are valued for what you do, you are awesome and amazing just the way you are, life is not stable, etc.)
6. How are these messages influencing my parenting today?

Renee works as a life coach and specializes in working with foster and adoptive parents. She coaches in person in Louisville, KY and via teleconferencing. She helps families identify areas of concern, provides training to help them understand the root cause of their struggles and through coaching, helps families apply proven tools and techniques, needed to address their underlying difficulties. You can find more information about her services at <http://empoweredcalling.com> or you may contact Renee at rwitkowski@empoweredcalling.com. Her Facebook page is <https://www.facebook.com/empoweredcalling/>