

### Parenting Practices Reflection Questions

How do I react when my child makes a mistake or misbehaves? Do I stay calm or do I often yell or use mean words?

What methods do I use to discipline my child? Do I use physical punishment? Do I ever humiliate my child?

Have I ever used physical force, such as spanking, hitting, or grabbing, when disciplining my child? How often does this occur?

How do I talk with my child on a daily basis? Do I often use threats, call them names, or use cruel sarcasm to get my point across?

How often do I provide emotional support and encouragement to my child? Do I frequently express love, appreciation, and positive reinforcement?

How do I handle my own stress and anger? Do I sometimes take out my frustrations on my child?

#### References:

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2. "Child Sexual Abuse Facts & Resources." *Children's Assessment Center*, [cachouston.org/prevention/child-sexual-abuse-facts/#:~:text=Children%20who%20live%20with%20two,live%20with%20both%20biological%20parents](http://cachouston.org/prevention/child-sexual-abuse-facts/#:~:text=Children%20who%20live%20with%20two,live%20with%20both%20biological%20parents). Accessed 06 Jan. 2025.
3. "Signs & Symptoms." *Child Abuse*, Stanford School of Medicine, [childabuse.stanford.edu/screening/signs.html](http://childabuse.stanford.edu/screening/signs.html). Accessed 06 Jan. 2025.
4. "National Statistics on Child Abuse." *National Children's Alliance*, 10 Oct. 2024, [www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/](http://www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/). Accessed 06 Jan. 2025.