

**Am I the parent I want to
be?**

“Am I the parent I want to be?”

“Am I the parent I want to be?”

**Am I the parent I want to
be?**

100 days – 100 questions

Joost Walraven

“Am I the parent I want to be?”

“Am I the parent I want to be?”

Author: Joost Walraven
Cover Design: Joost Walraven
Published: 2024
ISBN: 9789403769103
© Joost Walraven

“Am I the parent I want to be?”

“Am I the parent I want to be?”

Foreword

Being a parent is one of the most challenging and rewarding roles in life.

Every day brings new lessons, insights, and opportunities for growth. Parenthood asks us not only to care for our children but also to know ourselves better and continue growing in our role.

Do you take the time to reflect on what parenthood means to you?

Joost Walraven

“Am I the parent I want to be?”

Table of Contents

Day 1–10: My Parenting and upbringing

Day 11–20: Relationship with my children

Day 21–30: Self-care as a parent

Day 31–40: Family and personal growth

Day 41–50: Values and lessons

“Am I the parent I want to be?”

Day 51–60: Time and memories

Day 61–70: Communication and parenting

Day 71–80: Growing as a parent

Day 81–90: Future and letting go

Day 91–100: Love and joy in parenting

“Am I the parent I want to be?”

My parenting and upbringing

“Am I the parent I want to be?”

1. How would I describe my parenting style?

“Am I the parent I want to be?”

2. What do I want my children to learn from me as a parent?

“Am I the parent I want to be?”