

PARENTING MISSION STATEMENT*updated 12/1/22*

A parenting mission statement is a culmination of values, roles, objectives, self-reflection & self-evaluation. It has the flexibility to change as you change and the ability to keep you focused when you find yourself in a place that is not acceptable to your own morals and values.

Creating a parenting mission statement is the first step to examining your parenting goals and desires to bring success and satisfaction to your family.

This is a working document to be re-visited throughout the years as you and your children grow through each developmental stage and as life happens and you experience birth, death, life, and loss.

VALUES

Begin with values. Values are those characteristics most important to you.
i.e. commitment, loyalty, integrity, respect

List your TOP 5 family values. Define each one. How is this value shown to you and to your children?

1. _____
2. _____
3. _____
4. _____
5. _____

ROLES

Answer the question “who am I?” and “who takes my time?” Then identify who is related to this role.
i.e. ROLE: aunt/uncle RELATED: nieces/nephews

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

STARTING POINT

Answering the question “What is one thing I can accomplish as a parent to have the most positive impact?”

BE, DO, HAVE

Who do you want to BE? What do you want to DO? What would you like to HAVE?
Make a SMART goal that pertains to BE, DO, HAVE.

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SMART goals are:

Specific: Well defined, clear, and unambiguous

Measurable: With specific criteria that measure your progress toward the accomplishment of the goal

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your life purpose

Timely: With a clearly defined timeline, including a starting date and a target date.

BE _____

DO _____

HAVE _____

EVALUATION

The difficult part of any mission statement is honest self-evaluation that must take place about where you have been, where you currently are, and where you would like to be.

Take time to reflect on your parenting strengths and your areas for growth.

Strengths

- _____
- _____
- _____

Areas for growth

- _____
- _____
- _____

Reflection Questions

Where have I found joy and happiness while parenting?

What activities are of value, worth, and fulfillment to me as a parent?

EXAMPLE

I will be present in each moment I am given with my children. I will be honest and do what I say I will do. I will treat my children as the individuals that they are. I will help create moments and memories. There is nothing that we cannot overcome with love and understanding. I will forgive myself and others.

Reference: Pradke, J.G. *Example of a Personal Mission Statement*. Retrieved from: eHow.com



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