



Disclaimer: This review is light hearted but can lead to real repair. Recommended for adult children aged 21+ (or anyone living independently) Questions are styled as if parents are asking their adult children. You can keep this private. You can skip anything. You can stop after page 1 and it still counts.



“Rate my parenting”

Before we start (so this doesn't turn into a fight):

- This is not a trial or a blame game
 - You can skip anything
 - You can answer privately
- We stop if it gets heated and restart later
 - The goal is understanding + repair

We can use this review to:

- BOND OVER DINNER • LAUGH UNTIL WE SNORT
 - GET THINGS OFF YOUR CHEST
- START THE CONVO WE BOTH AVOIDED FOR YEARS

So here we are. You're grown. You survived (I survived too... just about). Now it's time to see if those “dodgy life lessons” landed. Let's do this properly. Rate my parenting or rate our parenting if there was a tag team effort. Was I the parenting MVP... or a lovable hot mess? Use a separate form for each parent/carer if needed.

Because I know you'll ask...



You: Do I really have to rate my parent?

Me -Yep. It's character building and free.

You: What if you cry?

Me -Make me a cuppa. If I get defensive, I'll pause and try again.

You: Is this going to get awkward?



Me -Probably. That's where the magic happens.

You: Can all my siblings rate your parenting?

Me -Absolutely. **Print it**, make a brew. One at a time though, no X-Factor judging panel.



You: What if I had an amazing childhood?

Me -Tell me everything, I need the formula.

You: Can this fix our relationship?

Me -Not promising miracles, but it can get us talking.

Big milestone score card: How did I manage these?

Let's clear it up. Tick what fits.

Milestone	Needed work	Mixed	Solid	N/A Can't remember
Teen meltdowns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Money chats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The "birds and the bees" talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School pressure and grades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Family, culture and traditions:

- What family tradition made us feel like a team, not just fridge mates?
- What values actually stuck with you?
- What part of our culture or family lore should we celebrate more?
- One tradition you'd guard like you'd guard your last roastie/plantain?



Highlights and Bloopers - No holding back now

Get specific. Laugh, cringe... debrief later.

What did I get spot on? (example: mum you once told me chocolate was a vegetable. That was your peak).	
What made you cringe more than when I said "fam, slay or bro"?	
Funniest "mum/dad being mum/dad" classic moment?	
When did you feel most seen or understood by me?	

Rate my parenting superpowers - Did you feel raised or dragged up?

Grab a pen or your most annoying childhood gripe.

Parenting skill	Nope	Mixed	Nailed it
My patience (yes, during your "I hate you" phase)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taught you life skills (laundry counts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provided emotional support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I set boundaries without sounding like a prison warden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encouraged your independence (freedom levels were spot on)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listened to you when it mattered (not just "mmhmm")	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kept it fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Displayed role modelling values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheered on your interesting creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I balanced being a parent and a mate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepared you for adulthood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You knew I loved you even when I yelled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pick ONE "Nailed it" and tell me what I should keep doing:

Pick ONE "Nope" and tell me what would've helped instead:

If you were me...

Parent yourself for a minute. Terrifying isn't it?

- What would you change?

-
- Hardest thing raising someone like you?

-
- One life lesson worth passing down?

Rapid fire - Gut instinct only

No filter. Let it rip.



Best memory of me parenting:



Most ridiculous thing I stressed about:



What do you wish I knew about you:

Most memorable childhood moment or event:

Something that would improve us now:

More of:

Less of:

When we disagree, you need me to:

One small thing I could start doing this week:



Final thoughts (Optional but brave if you do it)

Anything left unsaid? This is your moment. Honest answers welcome. Gentle answers appreciated.



Overall parenting grade:

“

Why did I want you to Rate My Parenting?

Because parenting doesn't end when you grow up.

And honestly, I still wonder:

“Was I a legend? Or did I accidentally give you material for therapy?”

Either way, your feedback matters. So let's do this.

Let's heal, let's laugh and yeah
let's cringe together.

And hey, thank you for
being my greatest learning
experience 🍷

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Need extra support? If your relationship is strained or estranged, outside help can be a relief, not a failure. [Support/advice](#)

