



FREE PRINTABLE WORKBOOK

Parenting Across Cultures

Reflection exercises for raising children between Haitian roots and life in the U.S.

Raising children between two worlds

You may have grown up one way, and your children are growing up another. They may speak English at school and Kreyòl at home, celebrate Haitian Flag Day and Thanksgiving, and move between two sets of expectations every day.

That can create beautiful strengths, and real tension. Parents may worry about children losing respect or culture. Children may feel caught between home and their friends. Both feelings are valid.

This workbook is a quiet space to reflect on what you carry from your own upbringing, what you want to pass on, and how to stay close to your children as they grow. There are no right or wrong answers.

How to use this workbook

- Work through one exercise at a time. Come back as often as you need.
- Write in English, Kreyòl, French, or whatever feels natural.
- Invite a partner, co-parent, or grandparent to do it with you and compare answers.
- Some exercises include a part to do **with your child**.

Tretye tèt ou ak dousè.

Treat yourself with gentleness. Parenting is learned, and you are already doing it with love.

1 · My roots

2 · Keep, adapt, let go

3 · My child's world

4 · Discipline & connection

5 · Talking together

6 · Our family promise

EXERCISE 1

My roots

Think back to the home you grew up in, whether in Haiti, the U.S., or somewhere else.

Who raised me, and what did they teach me about being a good person?

A saying or proverb I heard often growing up

For example: "Timoun se richès." Children are wealth.

A memory from childhood that makes me feel proud or warm

Something from my upbringing that was hard, that I want to do differently

EXERCISE 2

Keep, adapt, or let go

List values, rules, or traditions from your upbringing. For each one, decide whether you want to keep it as it is, adapt it for your family's life now, or gently let it go.

Examples: respecting elders, Sunday church, speaking Kreyòl at home, how we discipline, food traditions, school expectations, curfews, chores.

Value or tradition	Keep	Adapt — how?	Let go

The three values I most want my children to carry forward

My child's world

Our children face pressures we may never have faced: social media, peer culture, being "the Haitian kid" at school, translating for parents. Understanding their world is the first step to staying close.

What I think my child enjoys most right now

What I think is hardest for my child right now

Now ask your child. Pick a calm moment and ask the same two questions. Listen without correcting. Write down what they say.

What my child enjoys most

What my child finds hardest

What surprised me?

Discipline & connection

Many of us were raised with strict discipline meant to protect us. Today, research and many parents find that children behave best when firm limits come with warmth and connection. Firm and loving can go together.

Firm

- Clear, consistent rules
- Follow through calmly
- Natural consequences

Loving

- Explain the "why" behind rules
- Notice and praise good choices
- Repair after conflict

A situation with my child that often ends in conflict

What usually happens, and how I feel afterward

One thing I could try next time to stay firm and connected

How I will reconnect after a hard moment

A hug, a walk, a favorite meal, a simple "I'm sorry I yelled. I love you."

Talking together

Use these questions at dinner, in the car, or before bed. Take turns answering, including the adults. Answer in whichever language feels right.

Ki sa ki fè w fyè paske w Ayisyen?

What makes you proud to be Haitian?

Ki sa ou ta renmen m konprann sou lavi w?

What do you wish I understood about your life?

Ki tradisyon fanmi ou pi renmen?

What's your favorite family tradition?

Kilè ou santi w pi pre fanmi an?

When do you feel closest to our family?

Ki sa ki konn fè w santi w ant de mond?

What makes you feel caught between two worlds?

Ki istwa ou ta renmen tande sou Ayiti?

What story would you like to hear about Haiti?

Something I learned from my family's answers

Our family promise

Bring together what you've reflected on. Write a short promise your family can return to. Sign it together and hang it somewhere everyone can see.

The _____ Family Promise

Pwomès fanmi nou

In our family, we honor our roots by...

We take care of each other by...

When things get hard, we will...

We celebrate each other by...

Signed by

Date: _____



Men anpil, chay pa lou.

Many hands make the load light.

Lakou Lokal is a virtual community center supporting Haitian and immigrant families with culturally grounded wellness, mental health, and parenting resources, in English and Haitian Creole.

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