



What's *your* parenting style?

1. Parents keep an eye on their kids in different ways. Which of the following is most like your approach?

- a. I limit unsupervised time. I also routinely check up on my child unannounced to make sure she is doing what she said she'd be doing.
- b. Children cannot be trusted so I really lay down the law when it comes to what my child is permitted to do. It's not up for discussion.
- c. Children need their privacy. I would never eavesdrop or check up on my daughter because I wouldn't want her to be upset with me.
- d. I'm too busy to keep tabs on my child. My feeling is that children need to learn how to take care of themselves, so I leave it up to them to make the right decisions.

2. Which statement best describes you as a parent?

- a. I connect with my child, but not necessarily like a friend. My first priority is being a parent.
- b. My child knows I love her, even if I can be too hard on them.
- c. I like being the "cool" parent.
- d. I am busy and my child is busy, so I don't see her as much as I would like.

3. Which of the following best describes your parenting beliefs about rules and discipline?

- a. I try to praise my child for good behavior more than I criticize or punish for bad behavior.
- b. Children are rebellious by nature. If they break the rules, they should suffer severe enough consequences to teach them a lesson.
- c. I spend more time threatening my child with punishment than actually giving it.
- d. I expect my child to monitor his own behavior and face the consequences if he makes a bad decision, because I don't think discipline works very well.

4. Which of the following reflects your beliefs about loving and nurturing your child?

- a. I show my love by giving my child time, being involved, showing affection, listening, giving him positive reinforcement, and providing firm structure.
- b. I think you best show your love by expecting your child to behave properly. He may not always like it now, but eventually he will know we were demanding because we loved him.
- c. My child makes more demands on me than I do on him. I believe loving parents try to provide for their child opportunities and things that they didn't have when they were growing up.
- d. My child knows I love him. We provide for his needs and comforts.



5. Which of the following best describes the relationship you have with your child?

- a. Our relationship is warm and mostly positive, but I'm not afraid to lay down the law.
- b. My child is rebellious and acts out like most kids her age. I spend a lot of time and energy lecturing and issuing threats to try to keep her in line.
- c. We're like best friends. My child tells me everything.
- d. Kids will be kids. No matter what I do, she will have to learn her own lessons.

6. When my child and I argue about something, I generally:

- a. Stay calm, showing respect for his opinion by listening to him.
- b. Get upset and frustrated. Farm too many kids talk back to their parents these days.
- c. Feel guilty. We are very close and I hate when there's conflict between us.
- d. Let it go. If you let your child have freedom, eventually they'll figure it out.

7. You and your child have a disagreement about his plans for summer break. You:

- a. Hear your child out and work together to try and reach a compromise.
- b. Stand your ground and tell your child that your word is final.
- c. Let your child decide what he gets to do – after all, you're only a kid once.
- d. Decide to back down. It's easier to give a little ground to keep the peace.

8. If you didn't approve of your child's new friends, what would you do?

- a. Make an effort to get to know his friends (and their parents) better, then decide what to do.
- b. Tell him he's not allowed to spend anymore time with them.
- c. Feel conflicted about interfering with his friendships and being too controlling.
- d. Assume he'll make the right choices and not get into too much trouble.

9. Which of these reflects your thinking about your child and drug use?

- a. Any drug use is forbidden and I've shared what the consequences will be if she breaks our rules.
- b. I'd severely punish my child if I caught her using any drugs, including pot and alcohol.
- c. I'd probably just tell her not to do it again if I found out my child tried pot or alcohol.
- d. It doesn't matter what I say or do. If kids want to try it, they will.

10. Your 16-year old son wants to go to a party at a friend's house and the parents will not be home most of the evening. He keeps nagging you about it so you:

- a. Actively listen to his reasoning and then explain the reasons why you won't let him go.
- b. Tell him no. End of story.
- c. Allow him to go because you trust him and his friends are all going.
- d. Let him go because he will only keep arguing about it.



Scoring system

Tally all your As, Bs, Cs, and Ds. The letter you circled most is related to one of the four parenting styles. If there's a tie between two letters, their respective parenting styles are your personal one.

A	___	If you circled more As , then you mostly have an <i>authoritative</i> parenting style.
B	___	If you circled more Bs , then you mostly have an <i>authoritarian</i> parenting style.
C	___	If you circled more Cs , then you mostly have a <i>permissive</i> parenting style.
D	___	If you circled more Ds , then you mostly have an <i>uninvolved</i> parenting style.

Summary of parenting styles characteristics

Authoritative

- Warm
- Responsive
- Clear rules
- High expectations
- Supportive
- Value independence

Authoritarian

- Unresponsive
- Strict rules
- High expectations
- Expect blind obedience

Permissive

- Warm
- Responsive
- Few or no rules
- Indulgent
- Lenient

Uninvolved

- Cold
- Unresponsive
- No rules
- Uninvolved
- Indifferent