

## PARENTING STYLES

The first step toward accepting different parenting styles is to learn what style each parent has. This short quiz will help each of you identify your parenting style. Read the questions and circle the answer that best fits you.

**1. *Who sets the rules in your house?***

- A. I do.
- B. The whole family sets rules together.
- C. I don't really believe in having many rules.
- D. I let the kids take the lead.

**2. *What happens when the children break the rules?***

- A. When rules are broken, there are appropriate punishments.
- B. We talk as a family about what happened.
- C. The kids and I figure out a way so it won't happen again.
- D. There are usually no repercussions when rules are broken.

**3. *When your kids encounter problems at school or with their friends, how do you resolve the conflicts?***

- A. I jump in and take control of the situation.
- B. The kids and I talk about it together.
- C. I wait to see what the outcome is before I get involved.
- D. I let my kids figure out their own problems.

**4. *How do you encourage or motivate your children?***

- A. I tell my children what to do. I don't allow any arguments.
- B. I try to be a good role model.
- C. I support my kids in deciding on their own whether something is important to them.
- D. My kids can make their own choices.

**5. *How do you assign chores in your family?***

- A. Chores are assigned routinely and are expected to be completed.
- B. I try to be democratic and fair about chores.
- C. I assign chores from time to time.
- D. I don't believe in chores.

6. *How do you react to tantrums and outbursts from your children?*
- A. I have no tolerance for bad behavior.
  - B. I believe in talking to them about their behavior and try to understand the reason for it.
  - C. I do whatever it takes to make it better.
  - D. I do my best to ignore it.
7. *Which comment are you most likely to hear from friends and family (including your spouse)?*
- A. Don't you think you are being too strict?
  - B. Do you really think kids should be treated as equals?
  - C. Aren't you concerned about the choices your kids make?
  - D. Don't you think you should pay more attention?



## Answers:

*If you selected mostly As, your parenting style is **authoritarian**. Your kids know what is expected of them. They take assigned tasks seriously and tend to be successful and well disciplined. This style can result in children who have trouble making decisions for themselves and who may struggle in unstructured settings. Overly strict parenting can lead to power struggles as the children become teenagers.*

*If you selected mostly Bs, you have a **diplomatic** parenting style. You try to strike a balance between setting limits and encouraging independence. You tend to prefer talking and negotiating to rule setting. This style can lead to children who are confident and well adjusted, but there is a risk that they will take advantage of your flexible nature.*

*If you selected mostly Cs, your parenting style is **permissive**. This style can be effective in empowering kids to be independent thinkers and to make responsible choices. The risk is that children may have trouble dealing with limits and may be lacking in self-control.*

*If you selected mostly Ds, you have a **passive** parenting style. You prefer to take the path of least resistance when it comes to conflict with your children. You encourage your children to monitor their own behavior. This approach can lead to self-sufficiency, but your children may suffer from your lack of involvement. They may feel neglected and develop low self-esteem.*