

What is Your Parenting Style?

As you read each statement decide how you feel about it. Then in the blank space provided write the number from 1-5 that corresponds to your belief.

1 Strongly Disagree 2 Disagree 3 Neutral 4 Agree 5 Strongly Agree

- ___ 1. It is better to be flexible and have peace at home than to stand firm and make someone angry.
- ___ 2. Children need discipline that hurts a little so that they won't repeat a misbehavior.
- ___ 3. Children shouldn't always get their way but we should listen to what they have to say.
- ___ 4. A parent/child relationship is like a war in which if the parents win, both sides win, but if the parent loses, both sides lose.
- ___ 5. If parents provide a good environment, children will pretty much raise themselves.
- ___ 6. The role of the parents is like that of a teacher.
- ___ 7. Childhood is short so parents should do everything possible to make it a happy time.
- ___ 8. Spare the rod and spoil the child is the best policy.
- ___ 9. Children need to learn what they can and can't do but we don't have to use punishment to teach them.
- ___ 10. Children have the final word about what they will or will not do.
- ___ 11. If you give children lots of freedom they will learn from the consequences of their behavior.
- ___ 12. Children must learn that the parent is the boss.
- ___ 13. Too many children today talk back to their parents when they should just quietly obey them.
- ___ 14. Children have a right to make mistakes, but parents have the right to determine the consequences.
- ___ 15. You can never do too much for your child if it comes from love.

Score for *What is Your Parenting Style?*

Based on research by Mulroy and Malley 1995

Transfer your answer for each statement to the appropriate space below. Then add the numbers in each column to get a total. Where is your score the highest?

Statement number:

2. _____

4. _____

8. _____

12. _____

13. _____

Total _____ Authoritarian- more strict

Statement number:

1. _____

5. _____

7. _____

11. _____

15. _____

Total _____ Permissive- few limits

Statement number:

3. _____

6. _____

9. _____

10. _____

14. _____

Total _____ Democratic/Attachment

Talking About Each Style of Parenting

Authoritarian Parenting:

Was the method used by many parents in the past and is still popular today. Depends on punishment to control children. A parent decides what is acceptable behavior and then punishes the children for their actions. Children are not offered freedom or choice. Children are brought up in an atmosphere of fear rather than desiring to please their parents and do the right thing. Does not help the child to develop inner control. Does not consider children's individual differences, temperaments. Spanking is considered appropriate.

Permissive Parenting:

Very few limits are set on behavior. Runs the very real risk of being *overly* permissive.. Children have a great deal of freedom but no responsibility. Children are brought up in an atmosphere that does not help them to thrive in society. Parents have given up their authority and therefore children tend to disrespect all authority.

Democratic Parenting:

Sometimes called Attachment approach. Based on mutual respect. This style incorporates the belief that parents and children are equal in worth and dignity. It doesn't mean that children have a part in all decisions. It does mean that parents involve children in decision making when it is appropriate. Children are brought up in an atmosphere of respect and cooperation. Parents set wise limits and provide safety and structure.



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Five Aspects of Temperament in Children

From Zero to Three Claire Lerner and Amy Dombro and others

1. Intensity Level/Sensory Threshold

How does your child react to what he sees, hears, touches, smells and tastes?
How much help does your child need to calm down?

2. Activity Level

How active is your child? Does she seem to move nonstop? How does your child respond when she must limit her movement?

3. Frustration Level

How often does your child get frustrated? When he is hungry or tired is he more easily frustrated? Is he willing to try again at something or is he frustrated easily and tends to give up?

4. Adaptability

Is your child more cautious or more positive about new activities and meeting new people? How does your child react and then adjust to changes? Is he more comfortable when he knows what to expect? Does he like to follow a reliable schedule?

5. Distractibility/Attention Span

Does she move from activity to activity? Can she focus on one activity? Is she easily distracted or does she focus so intently that it is hard to get her to make transitions?

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