

Parenting Styles ~ What Style Are You?

Authoritative

Authoritative parenting style characteristics are nurturing, compassionate, supportive and consistent in rules. However, they set rigid boundaries for their children. Authoritative Parents control children's behavior by defining rules, reasoning, and discussing. They listen to a child's perspective but stand firm in boundaries, not always accepting a child's point of view.

Children raised with this parenting style are typically friendly, active, happy, confident, self-reliant, helpful, and achievement oriented.

Authoritarian parenting

This parenting style is **strict**, stern, and commands obedient behavior through threats, shaming, and punishment.

Children raised with this parenting style are typically showing poor social skills and lower levels of self-esteem and may also suffer from stress, depression, and anxiety.

Permissive

This parenting style is emotionally supportive but lax. These parents do not set firm limits, nor monitor children's activities or behavior of their children.

Children raised with this parenting style typically are impulsive, aggressive, and rebellious. The children are low in self-reliance, self-control, and achievement.

Uninvolved

This parenting style is unresponsive to a child's needs. Parents are unavailable, detached from the start. These parents are unable to meet the emotional and psychological *needs* of their *children*.

Children raised with this parenting style tend to have low self-confidence, low self-esteem and explore other role models to substitute the need for a neglectful parent.

Parenting Style Quiz Questions

1. Does your child a schedule, a planned bedtime, regular mealtimes, and understand basic house?

- A. Yes (Correlates to: Authoritative, Authoritarian)
- B. No (Correlates to: Uninvolved, Permissive)

2. Do you know your child's favorite TV Shows? Favorite Color? Know their friends?

- A. Yes (Correlates to: Authoritative, Permissive, Authoritarian)
- B. No (Correlates to: Uninvolved)

3. Do you condition responses such as reward behavior or get children to do things with large rewards?

- A. Yes (Correlates to: Permissive)
- B. No (Correlates to: Authoritative, Uninvolved, Authoritarian)

4. Do you offer no explanations other than "Because I said so?"

- A. Yes (Correlates to: Authoritarian)
- B. No (Correlates to: Authoritative, Uninvolved, Permissive)

5. Do you **Avoid** dealing with **conflict** when **you** and your **child are** feeling upset or angry with your child?

- A. Yes (Correlates to: Uninvolved, Permissive)
- B. No (Correlates to: Authoritative, Authoritarian)

6. Are you involved in your child's activities?

- A. Yes (Correlates to: Authoritative, Permissive, Authoritarian)
- B. No (Correlates to: Uninvolved)

7. Does your child understand consequences and expectations for their behavior?

- A. Yes (Correlates to: Authoritative, Permissive)
- B. No (Correlates to: Uninvolved, Authoritarian)

8. Is it easier to be your child's best friend rather than their parent?

- A. Yes (Correlates to: Permissive)
- B. No (Correlates to: Authoritative, Uninvolved, Authoritarian)

9. Do you allow your child to make choices?

- A. Yes (Correlates to: Authoritative, Authoritarian)
- B. No (Correlates to: Uninvolved, Permissive)

10. Do you have consistency in rules?

- A Yes (Correlates to: Uninvolved, Permissive)
- B. No (Correlates to: Authoritative, Authoritarian)

11. Do you make excuses needing to justify for not being there for your child?

- A. Yes (Correlates to: Uninvolved)
- B. No (Correlates to: Authoritative, Permissive, Authoritarian)

12. Does your child communicate openly with you without fear of negative consequence?

- A. Yes (Correlates to: Authoritative, Permissive)
- B. No (Correlates to: Uninvolved, Authoritarian)