

Parenting Styles Self-Reflection

Think about the following statements as they apply to your parenting style/philosophy. Circle an answer if desired – your responses will not be shared.

1. Kids should be seen and not heard.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
2. When it comes to rules, it's "my way or the highway."
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
3. I take my child's feelings into consideration.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
4. I put a lot of effort into creating and maintaining a positive relationship with my child.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
5. I explain the reasons behind my rules.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
6. I set rules but rarely enforce them.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
7. I think my child will learn best with little interference from me.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
8. I ask my child about school or homework.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
9. I rarely know where my child is or whom she/he is with.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree
10. I spend a lot of time with my child.
Strongly Agree, Agree, Somewhat Agree, Somewhat Disagree, Disagree, Strongly Disagree

This Handout was adapted from the [verywellfamily website](http://www.verywellfamily.com/types-of-parenting-styles-1095045) at www.verywellfamily.com/types-of-parenting-styles-1095045