

Parenting Styles Self-Reflection

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at:
www.yellowribbon.mil/cms/event-handout

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 or 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 Morin A. (2019, March 25). *Four types of parenting styles and their effects on kids. What's your parenting style?* Retrieved from the [verywellfamily website](http://www.verywellfamily.com/types-of-parenting-styles-1095045) at www.verywellfamily.com/types-of-parenting-styles-1095045

Managing Challenging Behaviors

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Scenario 1: Tanisha (0-2 years)

Tanisha was 15 months old when her dad deployed. After he left, she started waking up crying every night and refusing to go back to sleep in her crib. Tanisha's mother found this exhausting and frustrating as Tanisha had always been a good sleeper before her dad deployed. Because she's so tired all the time, Tanisha's mom has a hard time staying patient when this happens.

1. What should be done?
2. How is this likely to affect Tanisha?
3. How is this likely to affect Tanisha's mom?

Scenario 2: Timothy (3-5 years)

Timothy is 4 years old. A week before his mother deployed, his grandmother came to stay with the family to help with the children. After his mother left, Timothy began throwing tantrums and having toileting accidents many mornings when his dad left for work even though he has been potty-trained for over a year. Timothy's grandmother thinks he needs a firm hand when he displays these behaviors, including the loss of TV time for wetting his pants and time outs or spanking when he has tantrums. Timothy's dad is not sure what to do.

1. What should be done?
2. How is this likely to affect Timothy?
3. How will this likely affect Timothy's dad and grandmother?

Scenario 3: Maria (6-12 years)

Maria is 10 years old. After her dad was deployed, Maria began to have nightmares and now refuses to go to bed alone. Although she had many friends in school before her father deployed, her teacher reports that Maria now seems very withdrawn and uninterested in interacting with the other children or doing her homework. Instead, she spends much of the day looking out the window and asking when it is time to go home.

1. What should be done?
2. How will this affect Maria?
3. How can Maria's mom influence things that go on at school?

Scenario 4: Grant (13-18 years)

Grant is 16 years old and had a lot of growing up to do during his mom's deployment. He took over the lawn care and a lot of the cooking, and he had to manage his own schedule. Grant found himself feeling really annoyed and frustrated with all the additional responsibilities and started to spend less time at home.

1. What should be done?
2. How will this affect Grant?
3. How will this affect his dad?

Parenting Practices

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| Your Parenting Practices | Working? | Ideas |
|-----------------------------------|-----------------|--|
| Routines and Rituals | | |
| <i>Example: Bedtime at 7 p.m.</i> | <i>No</i> | <i>Kids wake up too early next morning. Adjust to 8 p.m.</i> |
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| Modeling Behavior | | |
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| Disciplinary Action | | |
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