

Name:
Date:

Score:

IDENTIFYING YOUR PARENTING STYLE

(Based on Active Parenting, Michael Popkin)

The following survey is divided into two parts with fifteen statements each. Part I is designed to help you identify your beliefs about being a parent. Part II focuses on your current home situation. As you read each statement, decide how much you agree with it. Then write, in the blank provided, the number from 1 to 5 that corresponds to your level of agreement.

1 = strongly disagree 2 = disagree
3 = neutral 4 = agree 5 = strongly agree

Part I: Beliefs

- _____ 1. It is better to give a little ground and protect the peace than to stand firm and provoke a fight.
- _____ 2. Children need discipline that hurts a little so that they will remember the lesson later.
- _____ 3. Children shouldn't always get their way, but usually we ought to listen to what they have to say.
- _____ 4. The parent-child relationship is like a war in which if the parent wins, 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 parent's role is like that of a teacher who is preparing the child for a final exam called life.
- _____ 7. Childhood is so short that parents should do everything 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 may or may not do, but we don't have to use punishment to teach.
- _____ 10. Whether we like it or not, children have the last word about what they will or won't do.
- _____ 11. If you let children have a pretty free reign, they will eventually learn from the consequences of their behavior what is appropriate.
- _____ 12. Children first have to learn that the parent is boss.
- _____ 13. Too many children today talk back to their parents when they should just quietly obey them.
- _____ 14. If we want children to respect us, we must first learn to treat them with respect.
- _____ 15. You can never do too much for your child if it comes from genuine love.

Part II: Current Home Situation

- _____ 16. I often have to call my child more than once to get her or him out of bed in the morning.
- _____ 17. I have to constantly stay on top of my child to get things done.
- _____ 18. When my child misbehaves, he or she usually knows what the consequences will be.
- _____ 19. I often get angry and yell at my child.

- _____ 20. When my child misbehaves, consequences are not always known in advance and I'm not always consistent on follow through.
- _____ 21. We have discussed chores at our home, and everybody takes part.
- _____ 22. My child gets a spanking on the average of at least once a month.
- _____ 23. My child has no regular chores around the home but will occasionally pitch in when asked.
- _____ 24. I usually give my child clear instructions as to how I want something done.
- _____ 25. My child is a finicky eater, so I have to try various combinations to make sure he or she eats well.
- _____ 26. I don't call my child names, and I don't expect to be called name by my child.
- _____ 27. I usually give my child choices between two appropriate alternatives rather than telling him or her what to do.
- _____ 28. I have to threaten my child with punishment at least once a week.
- _____ 29. I wish my child wouldn't interrupt my conversation so often.
- _____ 30. My child usually gets up and ready without my help in the morning.

Scoring your answers:

To determine your style as a parent, first transfer your score for each item to the blanks beside the following item numbers listed in parentheses. (Put your score for item #2 in the first blank, item #4 in the second blank, and so on.) Then add your scores in each row across, and put the sum in the blank labeled Total.

| | | |
|--|--|--------------|
| Belief Score "A" | | Total |
| (2) _____ + (4) _____ + (8) _____ + (12) _____ + (13) _____ = | | _____ |
| Belief Score "P" | | |
| (1) _____ + (5) _____ + (7) _____ + (11) _____ + (15) _____ = | | _____ |
| Belief Score "D" | | |
| (3) _____ + (6) _____ + (9) _____ + (10) _____ + (14) _____ = | | _____ |
| Action Score "A" | | |
| (17) _____ + (19) _____ + (22) _____ + (24) _____ + (28) _____ = | | _____ |
| Action Score "P" | | |
| (16) _____ + (20) _____ + (23) _____ + (25) _____ + (29) _____ = | | _____ |
| Action Score "D" | | |
| (18) _____ + (21) _____ + (26) _____ + (27) _____ + (30) _____ = | | _____ |

To get a clearer look at how your scores on the three styles compare, transfer each of the six totals to the appropriate blank in the table below. To get your combined score add the belief score and the action score for each of the three styles and put the total numbers under "combined".

| | BELIEF | | ACTION | | COMBINED |
|------------------|--------|---|--------|---|----------|
| "A" = Autocratic | _____ | + | _____ | = | _____ |
| "P" = Permissive | _____ | + | _____ | = | _____ |
| "D" = Democratic | _____ | + | _____ | = | _____ |