

## Parenting Styles Self-Reflection

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at:  
[www.yellowribbon.mil/yrrp/handouts.html](http://www.yellowribbon.mil/yrrp/handouts.html)

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](http://www.verywellfamily.com/types-of-parenting-styles-1095045)