Parenting Styles Self-Reflection

Handout available for download on the YRRP website at:
www.yellowribbon.mil/yrp/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 at www.verywellfamily.com/types-of-parenting-styles-1095045