

Parenting Style Questionnaire

Please rate how often you engage in the different parenting practices listed below. Scores range from “Never” to “Always” on a six-point scale. At the end of each section, add up your scores and divide the total by the number of questions in that section to find your calculated score for that category. The highest calculated score indicates your preferred parenting style.

Authoritative Parenting Style



1. I am responsive to my child's feelings and needs.

Rate your response. Choose from 1 (never) to 6 (always):

2. I take my child's wishes into consideration before I ask him/her to do something.

Rate your response. Choose from 1 (never) to 6 (always):

3. I explain to my child how I feel about his/her good/bad behavior.

Rate your response. Choose from 1 (never) to 6 (always):

4. I encourage my child to talk about his/her feelings and problems.

Rate your response. Choose from 1 (never) to 6 (always):

5. I encourage my child to freely “speak his/her mind,” even if he/she disagrees with me.

Rate your response. Choose from 1 (never) to 6 (always):

6. I explain the reasons behind my expectations.

Rate your response. Choose from 1 (never) to 6 (always):

7. I provide comfort and understanding when my child is upset.

Rate your response. Choose from 1 (never) to 6 (always):

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8. I compliment my child.

Rate your response. Choose from 1 (never) to 6 (always):

9. I consider my child's preferences when I make plans for the family (e.g., weekends away and holidays).

Rate your response. Choose from 1 (never) to 6 (always):

10. I respect my child's opinion and encourage him/her to express them.

Rate your response. Choose from 1 (never) to 6 (always):

11. I treat my child as an equal member of the family.

Rate your response. Choose from 1 (never) to 6 (always):

12. I provide my child reasons for the expectations I have for him/her.

Rate your response. Choose from 1 (never) to 6 (always):

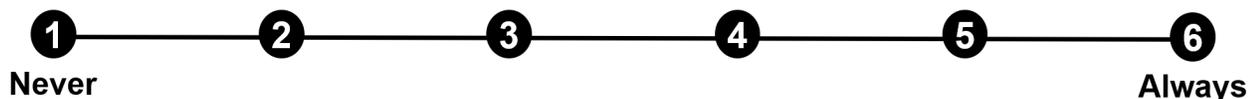
13. I have warm and intimate times together with my child.

Rate your response. Choose from 1 (never) to 6 (always):

Total points for *Authoritative Parenting Style* section:

Calculated score for Authoritative Parenting Style section (total points divided by 13):

Authoritarian Parenting Style



1. When my child asks me why he/she has to do something, I tell him/her it is because I said so, I am your parent, or because that is what I want.

Rate your response. Choose from 1 (never) to 6 (always):

2. I punish my child by taking privileges away from him/her (e.g., TV, games, visiting friends).

Rate your response. Choose from 1 (never) to 6 (always):

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3. I yell when I disapprove of my child's behavior.

Rate your response. Choose from 1 (never) to 6 (always):

4. I explode in anger towards my child.

Rate your response. Choose from 1 (never) to 6 (always):

5. I spank my child when I don't like what he/she does or says.

Rate your response. Choose from 1 (never) to 6 (always):

6. I use criticism to make my child improve his/her behavior.

Rate your response. Choose from 1 (never) to 6 (always):

7. I use threats as a form of punishment with little or no justification.

Rate your response. Choose from 1 (never) to 6 (always):

8. I punish my child by withholding emotional expressions (e.g., kisses and cuddles).

Rate your response. Choose from 1 (never) to 6 (always):

9. I openly criticize my child when his/her behavior does not meet my expectations.

Rate your response. Choose from 1 (never) to 6 (always):

10. I find myself struggling to try to change how my child thinks or feels about things.

Rate your response. Choose from 1 (never) to 6 (always):

11. I feel the need to point out my child's past behavioral problems to make sure he/she will not do them again.

Rate your response. Choose from 1 (never) to 6 (always):

12. I remind my child that I am his/her parent.

Rate your response. Choose from 1 (never) to 6 (always):

13. I remind my child of all the things I am doing, and I have done for him/her.

Rate your response. Choose from 1 (never) to 6 (always):

Total points for Authoritarian Parenting Style section:

Calculated score for Authoritarian Parenting Style section (total points divided by 13):

Permissive Parenting Style



1. I find it difficult to discipline my child.

Rate your response. Choose from 1 (never) to 6 (always):

2. I give into my child when he/she causes a commotion about something.

Rate your response. Choose from 1 (never) to 6 (always):

3. I spoil my child.

Rate your response. Choose from 1 (never) to 6 (always):

4. I ignore my child's bad behavior.

Rate your response. Choose from 1 (never) to 6 (always):

Total points for Permissive Parenting Style section:

Calculated score for Permissive Parenting Style section (total points divided by 4):

Parenting Styles Ranked

Record the rank order of your preferred parenting styles:

1. Highest calculated score:

Parenting style:

2. Second highest calculated score:

Parenting style:

3. Third highest calculated score:

Parenting style: