**Parenting Style Questionnaire - CONFIDENTIAL**

Look at the practices in each question, then rate how often you use them between 1 (Never) and 6 (Always). At the end of each section, add up your total score and divide it by the number of questions in the section.

If your child is still a baby, think about your parenting beliefs and values for the future, as they grow up.

**Sometimes**

**SECTION ONE**

|  |  |
| --- | --- |
| **Statement** | **Score****1 – Never****6 - Always** |
| 1. I am responsive to my child’s feelings and needs
 |  |
| 1. I take my child’s wishes into consideration before I ask them to do something
 |  |
| 1. I explain to my child how I feel about their behaviour, both positive & negative
 |  |
| 1. I encourage my child to talk about their feelings and problems
 |  |
| 1. I encourage my child to freely “speak their mind,” even if they disagree with me
 |  |
| 1. I explain the reasons behind my expectations
 |  |
| 1. I provide comfort and understanding when my child is upset
 |  |
| 1. I compliment my child
 |  |
| 1. I consider my child’s preferences when I make plans for the family (e.g., weekends away and holidays)
 |  |
| 1. I respect my child’s opinion and encourage them to express them
 |  |
| 1. I treat my child as an equal member of the family.
 |  |
| 1. I provide my child reasons for the expectations I have for them
 |  |
| 1. I have regular quality time with my child, without any distractions (e.g. phone, tv)
 |  |
|  |
| **SECTION ONE SCORE:** (Total of all points divided by 13) |  |

**SECTION TWO**

|  |  |
| --- | --- |
| **Statement** | **Score****1 – Never****6 - Always** |
| 1. I find it difficult to discipline my child
 |  |
| 1. I give in to my child when they cause a commotion about something
 |  |
| 1. I allow my child what they want, when they want it
 |  |
| 1. I ignore my child’s unwanted behaviour
 |  |
|  |
| **SECTION TWO SCORE:** (Total of all points divided by 4) |  |

**SECTION THREE**

|  |  |
| --- | --- |
| **Statement** | **Score****1 – Never****6 - Always** |
| 1. When my child asks me why they have to do something, I tell them it is because “I said so, I am your parent”, or because “that is what I want”
 |  |
| 1. I discipline my child’s behaviour by taking privileges away from him/her (e.g., toys, TV, games, visiting friends)
 |  |
| 1. I raise my voice when I disapprove of my child’s behaviour
 |  |
| 1. I express anger towards my child when I feel their behaviour is unwanted
 |  |
| 1. I smack my child when I feel their behaviour requires it
 |  |
| 1. I use “you” statements to make my child improve their behaviour (e.g. “You need to calm down”)
 |  |
| 1. I use other people as a form of behaviour management. E.g. “Just wait until your Daddy gets home”, “Your Granny won’t be happy to hear about this”
 |  |
| 1. I withdraw affection when my child’s behaviour is negative (E.g. no kisses or cuddles until they apologise)
 |  |
| 1. I find myself struggling to try to change how my child thinks or feels about things.
 |  |
| 1. I openly tell my child when their behaviour does not meet my expectations
 |  |
| 1. I point out my child’s past negative behaviour to make sure they will not do it again
 |  |
| 1. I remind my child that I am the parent / adult in charge
 |  |
| 1. I remind my child of all the things I am doing, and I have done for them
 |  |
|  |
| **SECTION THREE SCORE:** (Total of all points divided by 13) |  |

**Section one score (Authoritative): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section two score (Permissive): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section three score (Authoritarian): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The highest score determines your personal parenting style – we will explore the different styles now.