

# Parenting Style Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions:

Please rate how often you engage in the different parenting practices listed below. Provided is a five-point scale where scores will range from "Never" to "Always."

At the end of each section, add the scores and divide them by the number of questions in that section. The score you obtain will be the total score for that parenting style.

The parenting style with the highest score indicates your preferred parenting style.

## Authoritative Parenting Style

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

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

6. I explain the reasons behind my expectations

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

8. I compliment my child

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

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

NEVER 1  2  3  4  5  ALWAYS

Based on: Robinson, C., Mandleco, B., Olsen, S. F., & Hart, C. H. (1995). Authoritative, authoritarian, and permissive parenting practices: Development of a new measure. *Psychological Reports*, 77, 819-830.)

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

**Scoring: Total score:** \_\_\_\_\_ / 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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

4. I explode in anger towards my child

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

9. I openly criticise my child when his/her behaviour does not meet my expectations

**NEVER** 1  2  3  4  5  **ALWAYS**

Based on: Robinson, C., Mandleco, B., Olsen, S. F., & Hart, C. H. (1995). Authoritative, authoritarian, and permissive parenting practices: Development of a new measure. *Psychological Reports*, 77, 819-830.)

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

**Scoring: Total score:** \_\_\_\_\_ / 13 = \_\_\_\_\_

### Permissive Parenting Style

1. I find it difficult to discipline my child

**NEVER** 1  2  3  4  5  **ALWAYS**

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

**NEVER** 1  2  3  4  5  **ALWAYS**

3. I spoil my child

**NEVER** 1  2  3  4  5  **ALWAYS**

4. I ignore my child's bad behaviour

**NEVER** 1  2  3  4  5  **ALWAYS**

**Scoring: Total score:** \_\_\_\_\_ / 4 = \_\_\_\_\_

**Parenting Styles: On the lines below you can record the rank order of your preferred parenting styles:**

1. \_\_\_\_\_ **SCORE:**

2. \_\_\_\_\_ **SCORE:**

3. \_\_\_\_\_ **SCORE:**