

Parenting Style Assessment

Directions:

Use this self-assessment test to determine your parenting style.

Answer the questions based on the following scale:

- 1 – Strongly Disagree
- 2 – Somewhat Disagree
- 3 – Not Sure/Undecided
- 4 – Somewhat Agree
- 5 – Strongly Agree

1. It is wrong to expect obedience from children.
1 2 3 4 5
2. It is ridiculous to think children should be seen, not heard.
1 2 3 4 5
3. It is best to let children do what they want.
1 2 3 4 5
4. Being too strict with children is emotionally damaging.
1 2 3 4 5
5. It is never okay to spank your children.
1 2 3 4 5
6. Children respond better to talking than spanking.
1 2 3 4 5
7. If you love your children, you will not spank them.
1 2 3 4 5
8. It does not matter if a child's room is clean.
1 2 3 4 5
9. Parents should let their children play and have fun in the house.
1 2 3 4 5
10. A good parent has well-behaved children.
1 2 3 4 5
11. Frequent physical punishment is an ineffective parenting tool.
1 2 3 4 5

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12. It is better to be a disciplinarian than a friend to children.

1 2 3 4 5

13. It is better to be permissive than strict with children.

1 2 3 4 5

14. Being carefree is more important than being obedient.

1 2 3 4 5

15. Children should feel free to ask “why” when being disciplined.

1 2 3 4 5

16. It is not necessary for children to fear you to respect you.

1 2 3 4 5

17. Time-out is better than spanking.

1 2 3 4 5

18. It is important to talk to children about misbehavior and punishment.

1 2 3 4 5

19. Being strict is worse than being permissive.

1 2 3 4 5

20. Children should not be required to do chores.

1 2 3 4 5

Add the numbers you circled. A higher score reflects permissive parenting attitudes, while a lower score reflects authoritarianism. A score of 60 falls in the middle of each extreme and indicates authoritative views.