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.