

## Parenting Style Quiz

This self inventory is designed to help you to understand which particular parenting style you use. Parents will frequently use several styles although one or two may predominate.

**Authority:** Force of will is used to gain compliance. The development and maintenance of order is viewed as important and is derived from the power of the parent. Use of force (verbal or physical) is used to maintain order and to deal with resistance.  
“Because I said so.”

**Distance:** Parents have limited time and/or uncomfortable in dealing with closeness. Management of the children often falls to older siblings or to other caretakers. Actions speak louder than words and feelings are avoided.  
“They’ll figure it out in time.”

**Emotionalism:** Usually warm and loving, these parents tend to become highly emotional when under stress. The handling of issues/behaviors is more determined and influenced by the mood of the moment rather than by any agreed upon parenting philosophy.  
“I’m afraid that if I let you then bad things will happen.”

**Indulgence:** Parents will utilize reward systems both in response to bad behavior and to reward good behavior. These parents may be financially well off or are self-sacrificing. Due to their difficulty with conflict children may be rescued from troubles of their own making.  
“If I buy you a car will you do better?”

**Management:** Parents will use a well organized system of rules and rewards. Privileges come from reaching a certain age or proving readiness. Popular consequences include groundings and loss of privileges.  
“When you’re old enough you’ll be able to do that.”

**Persuasion:** The use of incentives and rewards are provided in an attempt to motivate children to behave, to achieve and to follow the prescribed path. Failure to conform may result in new incentives, emotional pressure or withdrawal of parental support.  
“If you love me then you’ll do what I say.”

**Protection:** These parents tend to be worrisome and are quick to warn their children about dangers to their health and well-being. They provide many services and routinely offer children refuge from difficult situations.  
“If you’re not careful, you’ll poke your eye out.”

**Rationality:** These parents take pride in their ethical standards, logical thinking and emotional control. They frequently are prone to give advice on how to achieve success and correct mistakes. They always have a rebuttal for any disagreement.  
“If you would just do what I told you to do.”

**Underdog:** These parents tend to view themselves as misunderstood and under-appreciated. Their children always seem to have the upper hand. Feeling ill-prepared to follow through with consequences, these parents complain or suffer in silence.  
“What did I do to deserve this?”