

What's Your Parenting Style?

A Self-Assessment Quiz
by The Parenting Class



The
**PARENTING
CLASS**

Where Science meets Parenting

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The Parenting Style That Raises Thriving, Resilient Kids

In the 1960s, developmental psychologist Diana Baumrind set out to answer a critical question: What kind of parenting raises the happiest, healthiest, and most successful children?

After decades of research across thousands of families, one approach stood above the rest – **Authoritative Parenting.**

Unlike authoritarian parenting (strict but cold) or permissive parenting (warm but weak on rules), authoritative parents balance high expectations with high warmth and responsiveness.

💡 60 years of studies confirm that authoritative parenting consistently leads to children who are:

- ✓ More emotionally resilient – They handle frustration and setbacks better.
- ✓ More self-disciplined – They develop strong impulse control and responsibility.
- ✓ More confident & independent – They trust themselves while respecting others.
- ✓ More academically & socially successful – They perform better in school and relationships.

Yet, despite the evidence, many parents struggle to apply authoritative parenting effectively. Social media bombards us with trends like gentle parenting, positive parenting, and countless others – yet these terms aren't grounded in scientific research and often leave parents exhausted, confused, and second-guessing themselves.

If you've ever wondered whether you're too strict or too lenient, you're not alone. The next section will help you reflect on your parenting style – and show you why striking the right balance is key to raising strong, resilient kids.

But first, briefly....

Why Do We Parent the Way We Do?

WHAT DETERMINES OUR PARENTING STYLE?

Parenting is shaped by our emotions, **past experiences, fears and view of the world our children will grow up in.** Many parents who were raised with strict rules lean too permissive, hoping to avoid repeating their own childhood. Others swing the opposite way, enforcing control to prevent the chaos they experienced as kids. But are these choices truly what's best for our kids – or just what feels better to us?

Reflecting on why we parent the way we do helps us make decisions that serve our children's needs, not just our own emotions.

Key influences include:

- ◆ **Our Own Upbringing** – Are we parenting from intentional choices or emotional reactions to how we were raised?
- ◆ **Our Emotional Triggers** – Do we avoid setting boundaries because conflict feels uncomfortable?
- ◆ **Culture & Society** – Do our instincts come from what actually works or just what's expected?
- ◆ **Our Partner's Style** – Are we adjusting for balance or overcompensating?
- ◆ **Our Child's Temperament** – Are we parenting the child we have, or the child we expected?

Awareness is the first step. When we parent with intention—not just emotion—we create the balance our kids truly need.

👉 **Next, take the self-assessment to see how your experiences may be shaping your parenting—without you even realizing it.**

SELF-ASSESSMENT QUIZ



Research shows that authoritative parenting—balancing warmth with firm expectations—is the most effective way to raise confident, responsible, and resilient kids. But are you truly parenting this way?

This quick self-assessment will help you see where you stand and whether you lean permissive, authoritarian, or have found the right balance.

◆ Instructions:

For each statement, check YES, NO, or NOT SURE based on how often it applies to you.

✓ YES = This happens often or describes me well.

✗ NO = This rarely or never applies to me.

🤔 NOT SURE = I sometimes do this, but I'm unsure if it's a pattern.

1. Do you struggle to follow through with consequences because you don't want your child to feel upset?

(Example: Your child loses screen time for breaking a rule, but after they cry, you give it back.)

☐ YES ☐ NO ☐ NOT SURE

2. Do you find that the more patient and validating you try to be, the more your child resists or pushes limits?

(Example: You acknowledge their feelings calmly, but instead of calming down, they escalate and the same behaviors repeat.)

☐ YES ☐ NO ☐ NOT SURE

3. When your child misbehaves (hitting, yelling, defiance), do you focus more on understanding their emotions than stopping the behavior?

(Example: Saying "I see you're upset" but not enforcing consequences for hitting.)

☐ YES ☐ NO ☐ NOT SURE

4. Do you feel your child doesn't respect your authority, even though you try to be kind and patient?

☐ YES ☐ NO ☐ NOT SURE

5. Do you overall hesitate to set firm rules because you fear being too harsh or negatively affecting their mental health?

(Example: Your child refuses to go to bed, and even though you know they need sleep, you let them stay up late to avoid a meltdown or them feeling coerced, not understood.)

☐ YES ☐ NO ☐ NOT SURE

6. Do you regularly ignore misbehavior, hoping your child will self-correct, but it only seems to get worse?

(Example: Your child whines for something at the store, and you hope ignoring them will make them stop, but they do it again next time)

☐ YES ☐ NO ☐ NOT SURE

7. Do you avoid making your child take responsibility for mistakes because you don't want them to feel bad?

(Example: Instead of having them clean up a mess they made, you do it for them so they won't feel upset or because you think they are not capable of "listening".)

☐ YES ☐ NO ☐ NOT SURE

8. Do you believe children should obey immediately, without explanation or discussion?

(Example: Your child asks, "Why do I have to do this?" and you respond, "Because I said so.")

☐ YES ☐ NO ☐ NOT SURE

9. Do you believe strict punishment is the best way to ensure long-term obedience?

(Example: Your child misbehaves, so you take away all privileges, believing they must "learn the hard way.")

☐ YES ☐ NO ☐ NOT SURE

10. Do you avoid showing warmth or affection regularly because you believe it weakens parental authority?

(Example: You limit hugs, praise, or emotional connection because you think it will make your child "soft".)

☐ YES ☐ NO ☐ NOT SURE

11. Do you closely monitor and control your child's daily activities, even when they are capable of managing on their own?

(Example: for young kids: you dictate what toys they play with and how; speak for them at all times and jump in the second they struggle with something? for older kids: You choose your child's hobbies, school projects, or friends because you don't trust them to make good choices.)

☐ YES ☐ NO ☐ NOT SURE

12. Do you frequently intervene in conflicts or challenges your child could reasonably handle themselves?

(Example: Instead of letting your child solve a puzzle or resolve a disagreement with a friend, you step in and "fix" it for them.)

☐ YES ☐ NO ☐ NOT SURE

13. Do you make most decisions for your child, even when they are old enough to take on more responsibility?

(Example: You still decide what they wear, eat, play or how they organize their schoolwork, even though they could handle these choices themselves.)

☐ YES ☐ NO ☐ NOT SURE

14. Do you believe obedience is best enforced through physical discipline (such as spanking or slapping), rather than reasoning or consequences?

(Example: When your child misbehaves, you use physical punishment as a standard form of discipline because you believe it teaches respect and prevents future defiance.)

☐ YES ☐ NO ☐ NOT SURE

15. Do you set firm expectations and follow through consistently, while explaining the reasons behind them?

(Example: "We turn off screens at 8 PM because sleep is important for your brain." & you stick to 8 PM.)

☐ YES ☐ NO ☐ NOT SURE

16. Do you enforce consequences calmly and proportionately, without escalating punishments?

(Example: If screen time is lost for breaking a rule, you enforce it without yelling or extending it excessively.)

☐ YES ☐ NO ☐ NOT SURE

17. Do you expect your child to respect your authority while also allowing reasonable discussion or negotiation?

(Example: You allow some flexibility in rules if your child presents a reasonable request but overall rules apply.)

☐ YES ☐ NO ☐ NOT SURE

18. Do you adjust your parenting approach to fit your child's temperament and developmental needs?

(Example: You give a toddler short, clear rules but offer an older child more autonomy; or you validate your sensitive child less because you noticed it made their meltdown worse.)

☐ YES ☐ NO ☐ NOT SURE

19. Do you encourage your child to solve problems independently, while still providing support when needed?

(Example: If your child struggles with a puzzle, you guide them but don't do it for them even when they are frustrated.)

☐ YES ☐ NO ☐ NOT SURE

SCORING & INTERPRETATION

✅ If you answered YES to 3 or more questions in questions 1-7 (incl 7)

→ You might be leaning permissive or struggling with boundary-setting. You prioritize warmth and flexibility but may struggle to set and enforce clear rules, leading to inconsistency or lack of structure.

✅ If you answered YES to 3 or more questions in 8-14 (incl 14)

→ You might be leaning authoritarian and your child may benefit from more warmth and connection.

You emphasize discipline and obedience but may struggle with flexibility, emotional support and your child feeling connected to you.

✅ If you answered YES to at least 3 questions in 15-19

→ You likely have an authoritative approach!

(You balance warmth and structure, set clear expectations, and provide guidance while respecting your child's growing independence. Research shows this style helps children develop self-discipline, confidence, and resilience.)

💡 Not quite there yet?

If you find your answers are mixed, that's okay. This can reveal how consistently you show up as a parent and highlight areas where you might want to make small adjustments for more balance.

👉 Want to fine-tune your approach or become an effective, authoritative parent?

Join my upcoming **Webinar on Authoritative Parenting!**

(date to be announced)

📧 **[Click here to sign up to my newsletter not miss the webinar !](#)**

😊 Expecting or have a baby under 18 months?

Start authoritative parenting from day one!

My course, [The Science of Parenting Babies](#), covers all the key research on 10 key areas of your baby's life and how to be an authoritative parent starting in the baby stage.

