What's Your Parenting Discipline Style?

By Sharon Mary @connectingparentandchild

As you learnt in The Ultimate Toddler Parenting Course, your parenting style is determined by Two Main Factors – Your Life Experiences, which includes how you've been raised + your momentary lower brain responses.

If you were to search online, you'll find multitudes of Parenting Styles – but here I'll stick with the TWO most common & traditional parenting styles – Authoritarian & Permissive Parenting v/s Parenting Idealogy I advocate in my course – Gentle & Respectful Parenting.

This quick questionnaire will help you identify your dominant Parenting Style – consider this to be a mirror that shows you WHO YOU ARE, it's not meant to bring guilt upon you, but only to help you be more self-aware. Awareness is the first step towards Change, Change for the better!

Also, if your current parenting style – Authoritarian / Permissive – is backed by deep-rooted beliefs & values (which you'll identify as you answer the questions below) – know that it will be harder for you to change & adopt a new parenting style. But, change is not impossible. If you are convinced that Gentle & Respectful Parenting is what you WANT to adopt for a Peaceful & Loving Parenting Relationship – then just commit to learning – Give yourself time, be patient & give yourself grace when you fail – it's all a part of learning, and it's a sign that you're on the path of transformation.

The Ultimate Toddler Parenting Course has everything you need to make the transformation & be the BEST version of you for your child.

The questions need to be answered with a simple YES/NO. The first response that comes to your is often the right one. So don't overthink!

Mirror Mirror On The Wall,

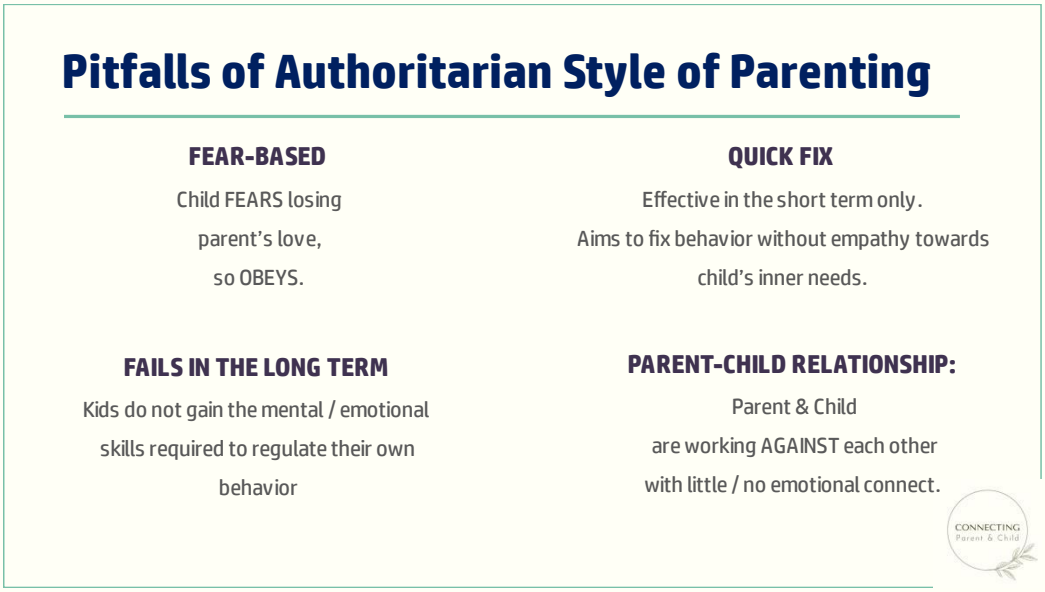
What is my Dominant Parenting Style, after all!

Authoritarian Parenting

	Yes	No
1. I believe that kids should fear their parents, or they will be spoiled & will take their parents for a ride. Children first have to learn that the parent is boss.		
2. I believe children need discipline that hurts a little so that they will remember the lesson later.		
3. I tend to spank my child once in a while to get him/her to obey & listen to me.		
4. I have to keep yelling at my child to get them to follow my instructions.		
5. I often reward my child for good behavior with toys, chocolates or other goodies, and when they dis-obey I punish them.		
6. I tend to ignore tantrums when nothing else works.		
7. I tend to use a harsh or stern tone of voice most of the time with my child.		
8. I often have to take away privileges like screentime or playtime to teach my child that s/he must behave well.		
9. I tell my child that I will not speak and play with him/her if she continues his/her bad behavior.		
10. I have to threaten my child with punishment at least once a week.		

Your Authoritarian Style Score - ___ (Out of 10, how many questions did you answer as YES)

Here's something you must know:



Permissive Parenting

1. I believe in doing what it takes to keep my child happy always, and the home peaceful.	**Yes**	**No**
2. I believe in giving my child freedom, I believe in being my child's friend more than the parent.		
3. I am often unable to set clear limits or boundaries for my child.		
4. I tend to let my child do what she wants or likes to avoid tantrums.		
5. I often give into my child's demands to make him/her stop crying.		
6. I often feel that my child is taking advantage of my good nature.		
7. I tend to lie or trick my child in order to avoid tantrums, eg. I would say the TV is not working, so that my child stops demanding more screentime.		
8. I often feel helpless & underconfident while parenting.		
9. I often involve my child in daily routine decisions like what s/he want to do, when s/he wants to do it & so on.		
10. I tend to offer bribes or rewards to get my child to obey or comply, eg. If you eat this, you can have chocolate later.		

Your Score – _____ (Out of 10, how many questions did you answer as YES)

Here's something you must know:

Pitfalls of Permissive Style of Parenting

FEAR-BASED

Parent FEARS losing child's love, so lets things slide.

INEFFECTIVE

Parents feel helpless, underconfident & resentful. Children feel overwhelmed with too much power.

FAILS IN THE LONG TERM

Kids do not gain the mental / emotional skills required to regulate their own behavior.

PARENT-CHILD RELATIONSHIP:

Strained. Parent & Child are unable to connect & understand each other deeply.

CONNECTING Parent & Child

Gentle Parenting

	Yes	No
1. I believe children are little humans who must be respected & guided keeping their developmental stages in mind.		
2. I believe children must receive 'unconditional' love irrespective of their behavior & they should not be 'afraid' of their parents.		
3. I believe a child must be disciplined & taught lovingly, without resorting to fear-based methods or punishment that strain the parent-child relationship.		
4. I usually give my child clear & simple instructions to help him/her follow them easily.		
5. I set clear limits & boundaries for my child.		
6. I do not give up on the limits just to avoid or end tantrums.		
7. I support my child through her emotions & tantrums by being emotionally available & accepting his/her emotions.		
8. I usually give my child choices between two appropriate alternatives rather than telling / asking my child what to do.		
9. I don't seek 'instant' obedience to my commands & demands.		
10. I find time to connect with my child on a regular basis, through play & undivided attention.		

Your Score – _____(Out of 10, how many questions did you answer as YES)

Here's something you must know:

Gentle & Respectful Parenting

CONNECTION -BASED

Inclusive of child's emotional & physical needs.
Considerate of child's undeveloped skills.
Accepting & Loving the child, unconditionally.

TWO-WAY PARTNERSHIP

Respectful of Parent's + Child's Needs

EFFECTIVE IN THE LONG TERM

Kids gain the mental / emotional skills required to regulate their own behavior.
(In the moment, parent spends time understanding & meeting the child's needs & providing a safe space for all emotions.)

PARENT-CHILD RELATIONSHIP:

Deeply Connected.
Parent & Child are on the same team.
Parent believes in the child's inherent goodness.

CONNECTING Parent & Child

Out of the three parenting styles, where did you score the highest?

Your Dominant Parenting Style is _____.

Congratulations! Whatever your parenting style is – You are WHO YOU ARE, and You're amazing!

All this while, you did based on what you knew!

Now, as you learn more – You CAN & WILL do better!

So, head on to **The Ultimate Toddler Parenting Course** to know how you can go from

WHERE YOU ARE → WHERE YOU WANT TO BE.

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Created by Sharon Mary @connectingparentandchild

Only for parents enrolled in The Ultimate Toddler Parenting Course