

WHAT KIND OF PARENT AM I BEING RIGHT NOW?

A no-shame self-check. Most of us move between styles depending on stress and support.

This is not a personality test. It is a quick snapshot. Most adults slide around depending on stress, sleep, support, and the child in front of them.

AUTHORITATIVE Warm + Firm <ul style="list-style-type: none">• I listen and I lead.• Warm connection• Clear limits• Steady follow-through• Best place to aim back toward	AUTHORITARIAN Firm + Low Responsiveness <ul style="list-style-type: none">• I need compliance now.• High control• Less room for child voice• May lean harsh under stress• Reset: lower the heat, keep the limit
PERMISSIVE Warm + Few Limits <ul style="list-style-type: none">• I hate seeing them upset.• Lots of warmth• Shifting boundaries• Follow-through gets hard• Reset: kindness + a boundary	UNINVOLVED / DISCONNECTED Low Warmth + Low Limits <ul style="list-style-type: none">• I have nothing left right now.• Low connection or supervision• Few consistent expectations• Often a red-flag stress signal• Reset: reconnect, simplify, get support

4 QUESTIONS TO ASK BEFORE YOU RESPOND

1 AM I CONNECTED? Do they know I am with them, not against them?	2 IS THE LIMIT CLEAR? Can I say it in one sentence?	3 CAN I FOLLOW THROUGH? Is the consequence realistic?	4 DO WE NEED REPAIR? If I blew it, can I own it and reconnect?
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Research basis: [APA Parenting Styles](#) • [NIH Review](#) • [AAP / HealthyChildren](#)
Educational resource only. Families, cultures, and kids all differ.