

Please rate how often you engage in the different parenting practices, listed below. Scores range from “Never” to “Always” on a 5-point scale. At the end of each section, add up the scores and divide it by the number of questions in that section. The calculated score is your total score for that category. The highest score indicates your preferred parenting style.

Authoritative Parenting Style

1. I am responsive to my child’s feelings and needs:

Never 1 2 3 4 5 6 Always

2. I take my child’s wishes into consideration before I ask him/her to do something:

Never 1 2 3 4 5 6 Always

3. I explain to my child how I feel about his/her good/bad behaviour:

Never 1 2 3 4 5 6 Always

4. I encourage my child to talk about his/her feelings and problems:

Never 1 2 3 4 5 6 Always

5. I encourage my child to freely “speak his/her mind”, even if he/she disagrees with me:

Never 1 2 3 4 5 6 Always

6. I explain the reasons behind my expectations:

Never 1 2 3 4 5 6 Always

PARENTING STYLE QUESTIONNAIRE



7. I provide comfort and understanding when my child is upset:

Never 1 2 3 4 5 6 Always

8. I compliment my child:

Never 1 2 3 4 5 6 Always

9. I consider my child's preferences when I make plans for the family (e.g., weekends away and holidays):

Never 1 2 3 4 5 6 Always

10. I respect my child's opinion and encourage him/her to express them:

Never 1 2 3 4 5 6 Always

11. I treat my child as an equal member of the family:

Never 1 2 3 4 5 6 Always

12. I provide my child reasons for the expectations I have for him/her:

Never 1 2 3 4 5 6 Always

13. I have warm and intimate times together with my child:

Never 1 2 3 4 5 6 Always

Scoring: **Total score** / 13 =

Authoritarian Parenting Style

1. When my child asks me why he/she has to do something I tell him/her it is because I said so, I am your parent, or because that is what I want:

Never 1 2 3 4 5 6 Always

2. I punish my child by taking privileges away from him/her (e.g., TV, games, visiting friends):

Never 1 2 3 4 5 6 Always

3. I yell when I disapprove of my child's behaviour:

Never 1 2 3 4 5 6 Always

4. I explode in anger towards my child:

Never 1 2 3 4 5 6 Always

5. I spank my child when I don't like what he/she does or says:

Never 1 2 3 4 5 6 Always

6. I use criticism to make my child improve his/her behaviour:

Never 1 2 3 4 5 6 Always

7. I use threats as a form of punishment with little or no justification:

Never 1 2 3 4 5 6 Always

8. I punish my child by withholding emotional expressions (e.g., kisses and cuddles):

PARENTING STYLE QUESTIONNAIRE



Never 1 2 3 4 5 6 Always

9. I openly criticise my child when his/her behaviour does not meet my expectations:

Never 1 2 3 4 5 6 Always

10. I find myself struggling to try to change how my child thinks or feels about things:

Never 1 2 3 4 5 6 Always

11. I feel the need to point out my child's past behavioural problems to make sure he/she will not do them again:

Never 1 2 3 4 5 6 Always

12. I remind my child that I am his/her parent:

Never 1 2 3 4 5 6 Always

13. I remind my child of all the things I am doing and I have done for him/her:

Never 1 2 3 4 5 6 Always

Scoring: **Total score** / 13 =

