



What TYPE of Parent Are You?

Authoritative - (high warmth, high control)

This parent sets clear limits, enforces rules, and expects mature behaviors. This parent is also warm with the child. He/she listens to their concerns, gives reasons for his/her rules, and allows more democratic decision making. This parent gives less strict punishment and more guidance and helps the children think through the consequences of their actions.

Authoritarian – (low warmth, high control)

This parent seems cold and controlling in his/her interaction with his/her children. The child is expected to be mature and to do what this parent says, “Because I told you so!” There is not much talk about emotions. Punishments are strict, but not abusive. This parent loves his/her child but they are not openly affectionate.

Permissive – (high warmth, low control)

This parent is warm and nurturing, but he/she has few rules or consequences for his/her children. He/she expects little in the way of mature behavior because “They’re just kids.”

Rejecting/Neglecting/Uninvolved – (low warmth, low control)

This parent doesn’t seem to care at all and can’t be bothered with controlling, communicating, or teaching the child.

NOW, ASK YOUR CHILDREN... AND LISTEN