



# Megan de Beyer

## **What is Your Parenting Style?**

**This self-reflection exercise is for parents of school-going teens, 17 years old and younger.**

This is not a psychological assessment – it is a tool for personal self-reflection. The more self-aware we are, the more we are able to parent intentionally and consciously.

These worksheets are meant to be used in conjunction with my parenting programmes but can aid introspection at any time.

The parenting programmes I offer include:

### **Laying the Foundation**

For parents of young boys (6-11 yrs)

### **Strong Mothers, Strong Sons**

For mothers of adolescent sons

### **Mothers & Daughters**

For mothers of adolescent girls

### **Conscious & Compassionate**

For fathers with sons

For more information on my parenting courses, and to download more complimentary worksheets, please visit my website:

[www.megandebeyer.com](http://www.megandebeyer.com).



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## DETERMINE YOUR PARENTING STYLE

For each of the questions below, choose one of following responses:

- A "I decide, may discuss it, but expect my son to do as I say."
- B "I dialogue, practise compromise, and mostly let my teen make the final decision."
- C "I let my son make his own decision – it's his life."

PARENTING ISSUE	RESPONSE (A, B OR C)
Wearing clothes you find inappropriate/bizarre out of school	
Getting an unconventional hairstyle during holidays	
Having music, cell phone or the TV on while doing homework	
Going to music concerts with friends only before age 15	
Dating at age 13	
Smoking	
Your 16-year-old having a party at home because Mom won't be there	
Not telling you where he/she is going with mates during the day	
How she/he spends pocket money	
Job decisions for holiday work or for after school	
Helping around the house (how much he/she does)	
She/he doesn't want to go along on a family outing	
He/she wants to go out to a social on a school night	
You think one of her/his friends is taking drugs	
Untidy bedroom	
Sleeping over at a friend's house after a party	
16-year-olds drinking alcohol	
She/he wants to drop a subject	
Giving up a musical instrument or sport	
Curfew/home-time after a party	
Decorating his/her room himself	
How much or how little (and what) they eat	
The TV programmes, games or videos that they watch	
She/he has decided to change schools	
He/she wants to go away with friend's family for the holidays	
She/he sleeps in until midday on weekends/holidays	

The total number of A, B and C scores you gave yourself:

**A:**

**B:**

**C:**



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## **YOUR RESULTS**

### **8 or more A scores: Authoritarian style**

Here the parents make all the decisions. Children must obey and “do as I say”. Parents are the head of the house and children must fit in. This approach limits self-expression and offers conditional affirmation, often resulting in the teen showing a “false self” to please the parent. Good self-esteem and development of autonomy is delayed.

### **Mainly B scores (10+): Negotiating parenting style or authoritative**

This is a firm but fair approach. Children are clear on boundaries and communication channels are kept open. The child feels important to parents and involved in household decisions. It promotes decision-making skills and allows informed independence. Child learns that there are consequences for his decisions that break rules. Relationships with responsibility become all important. He can say or ask anything but may not DO everything.

### **Mainly C scores (14+): Permissive**

Here the parents are unsure of and unclear of boundaries and rules. Structure is not available and the child is given too much power. Parents are often too busy or too caught up in their own lives to really be in touch with what a child needs. Child does things his own way despite lacking skills and foresight. May grow with a sense of entitlement, restlessness or low self-worth (this depends on the level of parental disregard).

NOTE: If a teen is a responsible 17/18/19-year-old then a permissive style becomes a trusting response, so the description above will not apply.