

THE PARENTING LIFE JOURNEY · FREE GUIDE

Parenting Style Quiz

Twelve scenarios reveal your default style — and what to borrow from the others.

How to use this: Work through it in order. Every section ends with something to do, not just something to read.

Scenarios

Scenario	A	B	C
Child refuses dinner	Eat it or nothing	Fine, cereal	One safe food, no pressure
Tantrum in a shop	Leave immediately, consequence	Give the item	Stay calm, name feeling, hold the limit
Bedtime stalling	Lights off, door shut	Another 20 min	Routine, two books, done
Sibling fight	Both punished	Ignore	Separate, calm, repair
Homework refusal	No screens for a week	Do it for them	Break, then 15 min timer
Lying	Big punishment	Let it go	Curious question, natural consequence

Results

Mostly	Style	Borrow
A	Firm	Warmth and choice from C
B	Permissive	Consistency from C
C	Authoritative	Keep going

Your Next Step

Calm Parenting Foundations builds the C style step by step.

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