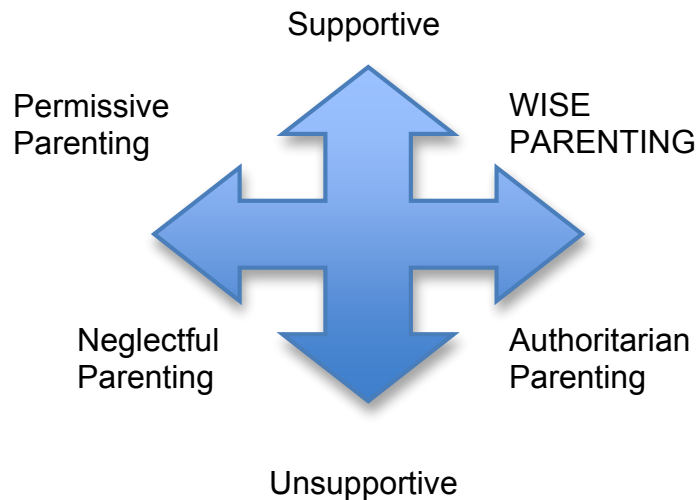


**Open Your Class With This Tomorrow**  
**Parenting Inventory by Nancy Darling**

Featured in *Grit: The Power of Passion and Perseverance* by Angela Duckworth

## Parenting Styles



**Directions:** Answer yes or no to the following questions about your parents.

1. I can count on my parents to help me out if I have a problem.
2. My parents believe that I have a right to my own point of view.
3. My parents really expect me to follow family rules.
4. My parents spend time just talking to me.
5. *My parents tell me that their ideas are correct and that I shouldn't question them.*
6. *My parents really let me get away with things.*
7. My parents and I do things that are fun together.
8. My parents respect my privacy.
9. My parents point out ways I could do better.
10. *My parents don't really like me to tell them my troubles.*
11. My parents give me a lot of freedom.
12. *When I do something wrong, my parents don't punish me.*
13. *My parents hardly ever praise me for doing well.*
14. My parents make most of the decisions about what I can do.
15. My parents expect me to do my best even when it's hard.

**Scoring:**

**The following questions relate to Supportive: Warm parenting**

1,4,7,10 (reverse score),13 (reverse score)

**The following questions relate to Supportive: Respectful parenting**

<http://booksforpsychologyclass.weebly.com>

2,5 (reverse score), 8, 11, 14 (reverse score)

**The following questions relate to demanding parenting**

3,6 (reverse score), 9, 12 (reverse score), 15

Total up the number of yes response for each category for the reverse scoring items, if your response was Yes, count it as a no and if your response was no, count it as a yes. You should have a total score out of 15.

Those who have parents who score high in support, respect and high standards generally fall into the authoritative parenting category which has often been found to be the most effective types of parenting. Authoritarian parenting often encourages children to emulate their parents.