Finding your parenting style

Think about the way you and/or your partner were raised and how that has influenced your own parenting responses. Answer these questions together with your parenting partner:*

With a parenting style of too KIND (not enough firmness):

What are the parent characteristics?
What does this invite your child to do, to learn, or to develop?
What are the short-term results?
What are the long-term results?
How do these align with who you want your child to be when they are 25?

With a parenting style of too FIRM (not enough kindness):

What are the parent characteristics?
What does this invite your child to do, to learn, or to develop?
What are the short-term results?
What are the long-term results?
How do these align with who you want your child to be when they are 25?

With a parenting style of KIND and FIRM at the same time:

What are the parent characteristics?
What does this invite your child to do, to learn, or to develop?
What are the short-term results?
What are the long-term results?
How do these align with who you want your child to be when they are 25?

What aspects of the way you were parented do you want to keep? What parts can you let go? What are new ways you want to embrace?

See this in action!
Our online series shows you different parenting styles with real families.
sproutable.teachable.com

**Based on the Positive Discipline activity by Lynn Lott and Jane Nelsen*