

ACTIVITY 1

Parenting Style



INTENT:

Identify and reflect on personal parenting styles as defined by the Parenting Style Questionnaire.

OUTCOMES:

Participants will complete the Parenting Style Questionnaire, identify their personal parenting style, and share/discuss their personal parenting style as they feel comfortable.

MATERIALS REQUIRED:

- Parenting Style Questionnaire handout

TIME:

- 15 minutes

PROCESS:

Prior to training:

- Print the Parenting Style Questionnaire handout.
- Complete the Parenting Style Questionnaire yourself and become familiar with questions and scoring system.

During the training:

- Follow the facilitator guide instructions:
 - Pause the module from advancing and invite participants to find and complete the Parenting Style Questionnaire.
 - Allow time for participants to finish the questionnaire. Then ask them to share their results with at least one other person and to discuss the following questions (You may need to share your own style and reflections about this process to model the safety and benefit of discussion.):
 - Did you already know about the different parenting styles or was this new information?
 - Were you surprised by your style?

Debrief:

- Remind participants that there is not one right way, but rather a right fit for their children. There are benefits to each parenting style as we just learned from the module.
- Ask participants how they might use this information.