



Parenting Styles and Coparenting

- 1- Generally, what kind of parent are you? Why?
- 2- What would your spouse say? Why?
- 3- Identify your level of comfort. In the table below, for each question, put an X on the line that reflects your level of comfort.

| Very comfortable | | | | | | |
|------------------------|---|---|--|--|--|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Not comfortable at all | | | | | | |
| | Being affectionate with my child (physical contact) | Recognizing my child (congratulating them, acknowledging their efforts) | Tolerating my child's distress and feelings (anger, sadness) | Recognizing and accepting my mistakes in front of my child | Allowing my child to express their opinion | Denying my child's request and applying a consequence that would make them react |

- 4- Identify one or two challenges that would enable you to move toward a more democratic parenting style:
- 5- What would help you to complete these challenges?

**I MAKE TIME FOR MYSELF.
I'VE PUT ON MY CALENDAR THE CONTINUATION OF THE
CHILD CIRCUIT WITH THEME NUMBER 7!**