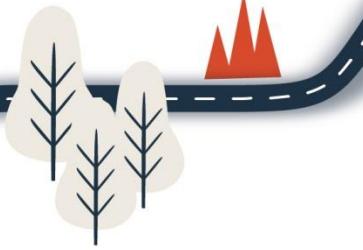


# PATH FOR PARENTS OF CHILDREN AGED 5 TO 11



## 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!**

Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke

Québec