

Parenting Skills Worksheets

Name of parent/s: _____ Child's name and age: _____

Date: _____ dd / mm / yyyy

Instructions: Complete each section honestly based on your current parenting experiences. This worksheet is designed to help you reflect, grow, and set realistic goals for strengthening your relationship with your child.

I. PARENTING STYLE AWARENESS

The parenting style used to rear a child will likely impact that child's future success in romantic, peer, and parenting relationships. Diana Baumrind, a clinical and developmental psychologist, coined the following parenting styles: authoritative, authoritarian, and permissive or indulgent. Later, Eleanor Maccoby and John Martin added a fourth style, known as uninvolved or neglectful parenting. Understanding your dominant style can help you reflect on how your parenting may be shaping your child's emotional and social development.

Choose your general approach:

- ☐ Authoritative (High warmth, high structure) ☐ Authoritarian (Low warmth, high structure)
☐ Permissive (High warmth, low structure) ☐ Uninvolved (Low warmth, low structure)

How do you think this style affects your child?

II. EMOTIONAL REGULATION AND COMMUNICATION

Children often learn how to handle their emotions by watching their parents. When parents practice self-regulation such as pausing before reacting, using calm tones, or labeling emotions, it teaches children that emotions are manageable. Strong parent-child communication builds trust and helps children feel seen and heard, which improves cooperation and emotional security.

1. How do you respond when your child is upset or overwhelmed?

2. How do you model emotional expression and regulation for your child?

3. What communication strategies work best for you and your child?

III. BUILDING SECURE ATTACHMENT

Attachment theory by John Bowlby emphasizes the importance of a secure base for children. When parents respond consistently with warmth and care, children feel safe to explore the world and trust others. Repairing after conflict by acknowledging hurt feelings and reconnecting helps strengthen this bond even when things go wrong.

1. How do you show your child they are loved and safe?

2. How do you typically repair after conflict or a difficult parenting moment?

IV. BEHAVIOR AND BOUNDARIES

Children thrive with clear and consistent expectations. Discipline is most effective when it is predictable and logically connected to the behavior. Positive reinforcement not only corrects behavior but encourages growth and cooperation. Setting boundaries models how to respect limits in relationships and builds self-discipline.

1. What consistent routines or rules do you have at home?

2. How do you set consequences, and are they connected to the behavior?

3. How do you praise or reinforce positive behavior?

V. SELF-REFLECTION AND GOALS

No parent is perfect, but self-awareness is the foundation of growth. Recognizing your strengths builds confidence, while being honest about your challenges opens space for change. A small, focused parenting goal each week can make a big impact over time.

1. What strengths do you bring as a parent?

2. What parenting challenges are you currently facing?

3. What is one parenting skill you'd like to improve? Why?

WEEKLY PARENTING SKILL GOAL

Skill to practice:

How will I practice it this week?