



Parenting Style Guide™

The *Parenting Style Guide* is a tool to assist in interpreting your *Parenting Quiz*. Review each of the Traits to determine which of your parenting styles would resemble the positive characteristics of a **Coach** or those of a **Critic**.

Coach	Values	Critic
Avoids blame-speak and instead helps kids see how they can make better more responsible decisions in the future.	Responsibility	When something goes wrong, looks inward first before placing blame on the kids, assuming they're at fault.
Intentionally chooses words that build up their children's positive character traits and instill confidence.	Confidence	Uses words and/or actions that express doubt and leaves their kids feeling resentful, or as if they can't do anything right.
When the kids make mistakes, they calmly point it out to them and then have the kids identify what a better choice would be.	Teaching	Are quick to point out or remind the kids what they did wrong or how they messed up, even when it's self-evident or unnecessary.
Chooses words and actions that serve to inspire and instill motivation and elevate their attitude.	Motivation	Uses subtle threats, coercion, or places guilt on their children thinking that is what's needed to motivate them to change.
Are trusting of people and strive to convey trust and faith in their children, even when they fail.	Trust	Their tendency is not to trust people, so they doubt, falsely accuse, or don't trust what their children tell them.
Looks for progress, not perfection, in their kids and focuses on their positive changes, improvement, and growth.	Growth	Uses words reminding their children of what their limitations are, what they can't do, or always pointing out what they do wrong.
Will take time to just listen and understand, without judgment, and then freely extends unconditional love and support.	Encouragement	Judges, jumps to conclusions without listening to understand, and makes comparison to other kids or siblings.
Looks for opportunities to affirm the positive characteristics and attitudes of their kids, even when disciplining.	Affirmation	Very rarely compliments, as are perfectionists and therefore are not satisfied with their kids' performance.
Intentionally uses words and non-verbal communications showing they believe in and trust their children, even when they mess up.	Confidence	The underlying tone and word choice they use when speaking to their kids conveys doubt in their abilities, skills, and talents.
Are intentional about connecting first with their children in a positive manner, before correcting, reminding, or disciplining.	Relationship	Are quick to correct, condemn, blame, or remind their kids without first connecting in a positive way.
Focuses on their effort, attitude, and initiative, even when their performance or the results aren't the best.	Results	Primarily concerned with performance and outcome, without acknowledging effort, attitude, and initiative.

For assistance to improve your parenting style, coaching is available at [MilesMettler.com](https://www.milesmettler.com). If you don't have it yet, [52 Parenting Principles: How to Bring Out the Best in Your Kids](#) is a great start!