

Are you Parenting with Love or with Fear?

Circle your answers:

- 1) Did you agonize over which was the best high chair for your child? Yes / No
- 2) Are you curious to find out who your child is and what they love to do? Yes / No
- 3) Did you look for the school or preschool program that will give your child an advantage when he or she grows up? Yes / No
- 4) Do you allow your child to fail? Yes / No
- 5) Do you have an image of your child in the future – a career path, or favored university picked out, or a major sporting achievement? Yes / No
- 6) Do you stay calm while your child is having a tantrum? Yes / No
- 7) Do you get embarrassed when your child misbehaves? Yes / No
- 8) Do you allow your child to solve his / her own problems when possible? Yes / No
- 9) Do you choose all your child's toys based on how intellectually-stimulating they are? Yes / No
- 10) Do you allow your child to express difficult emotions? Yes / No
- 11) Do you make sure your child's clothes are coordinated before going out? Yes / No
- 12) Do you allow your child unstructured play time every day? Yes / No
- 13) Do you worry that your financial status will inhibit your ability to help your child get ahead? Yes / No
- 14) Do you trust that your child wants to be good? Yes / No
- 15) Do you attempt to shape your child into the person you want him / her to be? Yes / No
- 16) Do you accept your child unconditionally and act accordingly? Yes / No
- 17) Do you praise your child's art attempts automatically? Yes / No
- 18) Do you talk to your child with respect? Yes / No

Score 1 point for every odd numbered question you answered 'yes' to and 1 point for every even numbered question that you answered 'no' to.

How did you do?

If you scored less than 5 points – you are operating from a loving place most of the time. More than 5 points and fear is creeping into your parenting. Most of us operate from a fearful place until we become aware of it.