The Reflective Parent Quiz

Discover the patterns that shape your parenting moments.

A companion reflection from

The Reflective Parent: A Guided Journey to Understanding Your Parenting Patterns and the Power of Connection

What Is the Parenting Profiles Quiz?

This quiz is designed to help you notice the **patterns** that shape how you naturally respond to your child. It's not a test, and there are no "right" or "wrong" answers. Instead, think of it as a **mirror** – giving you a chance to reflect on the ways you comfort, guide, and connect with your child in everyday moments.

Here's how it works:

- Each question has five possible responses.
- Each response connects to one of the five **Parenting Profiles**:
 - Comfort Keeper



Problem Solver



• Rule Keeper



Sensitive Supporter



Curious Learner



Simply mark your answer to each question and then use the tally sheet at the end to see which Parenting Profile best describes your patterns right now.

Remember: Your Parenting Profile isn't fixed — it shifts with stress, routines, and even the season of life you're in. This process is about noticing, not labeling.

By the end, you'll have a better sense of which profile feels most like you, and you'll see how your unique patterns can become strengths for both you and your child.

On the **next page**, you'll begin the quiz. Read each question carefully, and go with the answer that feels most natural to you right now. Don't overthink it your first instinct is often the most honest.

Once you've finished, you'll be ready to discover which Parenting Profile best reflects your unique way of showing up for your child.

Parenting Profiles Quiz

Discover the Patterns That Shape How You Show Up With Your Child

Parenting today can feel fast, busy, and overwhelming. This quiz is your invitation to slow down, take a breath, and reflect on the patterns that shape how you show up for your child.

Rather than rushing through, give yourself permission to step into a quieter, less chaotic moment. Think of it as returning to a time when parenting wasn't about multitasking, but about presence.

Each question is designed to help you notice what feels most natural to you — the ways you comfort, guide, and connect with your child when things get hard. **Let's get started...**

Question 1: When your child is having a meltdown in public, your first instinct is to...

- A. Calm them down as quickly as possible to avoid attention (The Problem Solver)
- B. Scoop them up, reassure them, and leave the situation (The Comfort Keeper)
- C. Hold firm on the original expectation, even if they're upset (The Rule Keeper)
- D. Feel overwhelmed and emotional alongside them (The Sensitive Supporter)
- E. Pause, observe, and try to figure out what triggered it (The Curious Learner)

Question 2: I believe children learn best when...

- A. They feel emotionally safe and supported (The Comfort Keeper)
- B. They understand what's expected of them and follow consistent rules (The Rule Keeper)
- C. Adults help them solve problems quickly and calmly (The Problem Solver)
- D. Their feelings are acknowledged and shared (The Sensitive Supporter)
- E. They're given room to explore and make mistakes (The Curious Learner)

Question 3: When my child is upset, I usually...

- A. Offer a hug, soothing words, and try to calm them down (The Comfort Keeper)
- B. Jump in to fix the problem or offer a solution (The Problem Solver)
- C. Stay firm and remind them of the rules or consequences (The Rule Keeper)
- D. Get upset or teary myself I can't help but feel it with them (The Sensitive Supporter)
- E. Try to stay curious about what's really going on inside (The Curious Learner)

Question 4: When your child breaks a rule or misbehaves, you tend to...

- A. Gently redirect and help them understand why it happened (The Curious Learner)
- B. Comfort them first, then talk about it later (The Comfort Keeper)
- C. Address the behavior immediately with a consequence (The Rule Keeper)
- D. Jump in with a solution or offer an explanation to help them fix it (The Problem Solver)
- E. Feel heartbroken, worried you may have let them down (The Sensitive Supporter)

Question 5: If your child is struggling with something (homework, friendships, emotions), your first response is to...

- A. Try to help them get through it or fix the issue quickly (The Problem Solver)
- B. Listen and stay present so they feel emotionally safe (The Comfort Keeper)
- C. Offer ideas and coach them toward independence (The Curious Learner)
- D. Give them time to calm down, then follow up with firm direction (The Rule Keeper)
- E. Feel their stress as if it's your own and want to make it better (The Sensitive Supporter)

Question 6: The idea of setting boundaries with your child feels...

- A. Necessary children need clear lines (The Rule Keeper)
- B. Important, but I sometimes soften the boundary to avoid distress (The Comfort Keeper)
- C. A challenge I often second-guess myself (The Curious Learner)
- D. Difficult it feels mean or disconnecting (The Sensitive Supporter)
- E. Useful if it helps prevent bigger problems down the line (The Problem Solver)

Question 7: Your parenting wins often come from...

- A. Staying calm and connected, even when things are hard (*The Comfort Keeper*)
- B. Solving problems quickly and preventing emotional spirals (*The Problem Solver*)
- C. Keeping things on track with structure and follow-through (*The Rule Keeper*)
- D. Learning from mistakes and adjusting your approach over time (*The Curious Learner*)
- E. Deep emotional moments where your child really opens up (*The Sensitive Supporter*)

Question 8: When your child challenges you, your inner dialogue sounds like...

- A. "Why is this so hard for them? What's really going on here?" (The Curious Learner)
- B. "I need to stay firm. This behavior isn't okay." (The Rule Keeper)
- C. "This isn't worth the power struggle let me comfort them first." (The Comfort Keeper)
- D. "This is getting out of hand. I need to step in and take control." (The Problem Solver)
- E. "This hurts my heart I can feel their frustration like it's my own." (The Sensitive Supporter)

Question 9: Which parenting compliment would mean the most to you?

- A. "You're so patient and emotionally present with your child." (The Comfort Keeper)
- B. "You're great at staying calm and solving problems on the spot." (The Problem Solver)
- C. "You're so consistent and firm your child knows exactly what to expect." (The Rule Keeper)
- D. "You're really self-aware and always open to learning." (The Curious Learner)
- E. "You understand your child's emotions better than anyone." (The Sensitive Supporter)

Question 10: When you reflect on your parenting, you mostly feel...

- A. Like you're doing okay, but you're always looking for new tools (The Curious Learner)
- B. Like you're nurturing your child well but sometimes avoid hard moments (The Comfort Keeper)
- C. Like your structure is working, even if it feels rigid at times (The Rule Keeper)
- D. Like you need to be more in control of emotions yours and theirs (The Sensitive Supporter)
- E. Like you're handling most things, but wish you didn't have to step in so much (The Problem Solver)

Question 11: When your child is upset and says something hurtful, you...

- A. Gently comfort them and wait until they're calm to talk about it (The Comfort Keeper)
- B. Step back emotionally but hold your boundary (The Rule Keeper)
- C. Try to quickly fix the situation or shift their focus (The Problem Solver)
- D. Feel personally hurt or rattled, even if you know they didn't mean it (The Sensitive Supporter)
- E. Reflect later on what triggered their reaction and how to better respond next time (The Curious Learner)

Question 12: If your child is having trouble at school, your first instinct is to...

- A. Find a way to help them problem-solve right away (The Problem Solver)
- B. Reach out to the teacher and advocate for support (The Rule Keeper)
- C. Reassure and comfort your child school can be so stressful (The Comfort Keeper)
- D. Worry deeply and try to emotionally buffer the stress (The Sensitive Supporter)
- E. Observe patterns, reflect on what's working, and look into new strategies (The Curious Learner)

Question 13: You tend to feel most uncertain in your parenting when...

- A. Your child's emotions are really big and unpredictable (*The Sensitive Supporter*)
- B. You've tried to be consistent, but it doesn't seem to be working (*The Rule Keeper*)
- C. You're not sure if you're responding in the "right" way (The Curious Learner)
- D. Your child doesn't respond to comfort or reassurance (The Comfort Keeper)
- E. Even your best solutions don't calm the situation (The Problem Solver)

Question 14: During transitions (leaving the house, ending screen time, bedtime), you usually...

- A. Stick to the schedule and give clear reminders (The Rule Keeper)
- B. Offer lots of emotional support to help your child cope (The Comfort Keeper)
- C. Step in and manage things to avoid a meltdown (The Problem Solver)
- D. Feel anxious about how your child will react (The Sensitive Supporter)
- E. Try different strategies and take note of what works best (The Curious Learner)

Question 15: When you think about your parenting style, you wish you...

- A. Felt more emotionally steady when things get intense (The Sensitive Supporter)
- B. Could stop second-guessing and trust your instincts more (The Curious Learner)
- C. Didn't always have to fix or manage everything (The Problem Solver)
- D. Could be a little firmer when needed (The Comfort Keeper)
- E. Could soften your tone when holding the line (The Rule Keeper)

Question 16: What matters most to you in the middle of a hard parenting moment?

- A. That your child feels loved and emotionally safe (The Comfort Keeper)
- B. That the problem gets solved and things move forward (The Problem Solver)
- C. That the lesson is clear and consistent (The Rule Keeper)
- D. That your child feels understood and not alone (The Sensitive Supporter)
- E. That you learn something from the experience (The Curious Learner)

Question 17: When your child behaves in a way that embarrasses you (e.g., tantrum, backtalk), you...

- A. Feel flustered but try to keep your child calm (The Comfort Keeper)
- B. Quickly step in and try to resolve the behavior (The Problem Solver)
- C. Redirect with firm language, even in front of others (The Rule Keeper)
- D. Get overwhelmed and emotionally shaken (The Sensitive Supporter)
- E. Feel uncertain, but make a mental note to reflect later (The Curious Learner)

Question 18: Which of these sounds most like your parenting motto?

- A. "Connection before correction." (The Comfort Keeper)
- B. "Let's solve this and move on." (The Problem Solver)
- C. "Rules provide safety." (The Rule Keeper)
- D. "Big feelings deserve big compassion." (The Sensitive Supporter)
- E. "Every moment is a chance to learn." (The Curious Learner)

Question 19: After a difficult parenting day, you're most likely to...

- A. Replay the emotional moments and wonder if you made it worse (The Sensitive Supporter)
- B. Try to think through what you could do differently next time (The Curious Learner)
- C. Feel good that you were able to keep things on track (The Rule Keeper)
- D. Be relieved that you stepped in and prevented further stress (The Problem Solver)
- E. Feel emotionally drained but reassured that your child felt comforted (The Comfort Keeper)

Question 20: What do you most want your child to feel when they're with you?

- A. Safe (The Comfort Keeper)
- B. Supported (The Problem Solver)
- C. Clear on what's expected (The Rule Keeper)
- D. Deeply understood (*The Sensitive Supporter*)
- E. Free to grow and explore (*The Curious Learner*)

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- Comfort Keeper: ______
- Problem Solver: _____
- Rule Keeper: _____
- Sensitive Supporter: _____
- Curious Learner: _____
- The Parenting Profile with the **highest score** reflects your **dominant approach** right now.
- If you have **two or more profiles with similar totals**, you may **relate to more than one style** your responses can shift depending on the situation or your child's needs.

Remember: **profiles aren't fixed** — they shift with stress, routines, and the season of life you're in.

Brief Profile Descriptions

Each Parenting Profile represents a natural way of connecting, guiding, and responding to your child. None are "good" or "bad" — they're simply patterns that reflect your intentions, strengths, and opportunities for growth.

Profile Reflection Snapshot

Comfort Keeper - You lead with empathy and prioritize emotional safety. Awareness helps you balance comfort with encouraging independence.

Problem Solver • You approach challenges with **logic and persistence**. Awareness helps you slow down, listen, and connect before fixing.

Rule Keeper - You value structure, responsibility, and clear expectations. Awareness helps you stay flexible when things don't go as planned.

Sensitive Supporter — You're attuned to your child's emotions and want to protect harmony. Awareness helps you care for yourself while caring for others.

Curious Learner • You value **reflection**, **growth**, **and open-mindedness**. Awareness helps you balance curiosity with consistent follow-through.

A Moment of Awareness

Now that you've discovered your Parenting Profile, take a quiet moment to reflect. Answer the following questions on a separate piece of paper or in the **Notes** section at the end of this packet.

- What strengths do you see in your parenting approach?
- When do these strengths become challenges?
- How does your child respond to your natural way of showing up?
- What might growth look like for you in everyday moments?

Parenting isn't a test of control — it's a practice of connection. Each time you pause to notice instead of react, you grow alongside your child.

Continue the Journey

To explore your Parenting Profile in depth — including stories, guided reflections, and practical tools for growth — look for *The Reflective Parent:* A Guided Journey to Understanding Your Parenting Patterns and the Power of Connection by Dr. Simone Phillips. It can be purchased here:



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