

Parenting “Style Show” (A role-playing demonstration)

* Idea developed by Jody Johnston Pawel, LSW,CFLE 2000

Supplies Needed:

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| <i>Power Patrol:</i> crown hat or military officers hat | <i>Perfect Sup.</i> clipboard timer | <i>Balanced:</i> large ruler or yardstick | <i>Over-Indulger:</i> silver platter | <i>Avoider:</i> ear muffs rose colored glasses |
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Purpose: to illustrate the 5 parenting styles in an exaggerated way

What to do:

- Ask for 5 volunteers who are willing to hold or wear a prop and read from an index card. Line volunteers in a row in front of the group/class.
- Distribute appropriate index card and prop(s) so characters are standing in order from left to right as listed above
- Give instructions for them to read their cards in the following order: Power Patrol, Perfectionistic Supervisor, Avoider, Over-Indulger, Balanced Parent
- Applaud, have volunteers return to their seats and process/teach parenting style differences. (Recommend NOT teaching between each performance as volunteers will be standing up there too long.)

Index Card Text:

Power Patrol (GO FIRST)

(Character voice :king/queen)

I am the Power Patrol parent; the supreme ruler of my domain.

I expect my subjects to do things my way or hit the highway!

I don't listen to their feelings or ideas.

They do what I want because I said so.

Fear is good. It keeps the peons under my control.

If they don't do what I say, I'll make *sure* they *really* pay.

Perfectionistic Supervisor (GO SECOND)

(Set your timer for 1 minute. Press the start button when I ask the first volunteer to introduce him/herself. When it beeps, say “Time’s up! My turn!” You can also act like you are checking things off your clipboard list as you say your lines.) (Character voice: rigid and proper micro-manager.)

I'm the Perfectionistic Supervisor parent. I'm *very* organized and know the *right* way to do *everything*. I get my way with bribes, incentives, payoffs and lectures. I have a good reputation and my kids had better not spoil it. I'll *make sure* they never stray. If they do I'll give a guilt trip right away.

AVOIDER (GO THIRD)

(Character voice: evasive. Wear your props. Can act like you are ignoring/turning out.)

I'm the Avoider parent. I have inconvenience and kids so troublesome! I hear (*point to earmuffs*) and see (*point to rose colored glasses*) what I want, so I can avoid conflict. Hey, my kid didn't do

it and it's *your* problem to solve! I don't want my kids to expect much from me. In return, I let them run wild and free.

OVER-INDULGER (GO FOURTH)

(Character voice: maid or butler. Curtsy or bow when you introduce yourself.)

I'm the Over-indulgent parent. I love my kids and will do *anything* for them. I'll deliver homework, solve their problems, and fix *any* meal they want-on a silver platter. *(Hold out tray.)* I understand their feelings so well, I can keep them happy all the time. I give them respect, I'm sure of that. So why do they treat me like a door mat?

BALANCED: (GO FIFTH/LAST)

I'm the Balanced parent. *(Balance your ruler on your hand as you speak)*

I want to raise responsible *self-disciplined adults*, so I teach my children the skills they need to succeed in life. They learn self-control, decision-making skills, the value behind my rules and are part of the family team. I set respectful, reasonable boundaries and let my children make choices within my bottom line limits. I help my children *learn* from their mistakes by holding them accountable for the outcomes of their choices. All this *prevents* a lot of problems, but when they arise we find win/win solutions. My kids can share their feelings and have a say, but might not always get their own way.