

QUIZ: UNCOVERING YOUR PARENTING SUPERPOWERS

Every human possess a special mix of instincts, traits, abilities, and skills that make us each unique in this world. We usually each have three to five superpowers (metaphorically speaking) that we naturally lead with. Those special gifts also carry over into our parenting.

Oftentimes, parents do not even realize they exude these unique qualities. It might take someone else pointing them out to you. Sometimes we recognize a superpower after living through a very challenging experience or period of time. Once you can identify your superpowers, you are better able own your superpowers and use them effectively to navigate different situations you encounter as a parent.

To discover your superpowers, follow the directions in each section below. Answer honestly to get the most out of this exercise. Be aware that there are no wrong answers. Once you have finished the quiz, refer to the scoring instructions for each section located on the last page.

SECTION I

For each statement below, rate how true each feels for you. Use the key provided.

KEY

- 1 = Not true at all
- 2 = Sometimes true
- 3 = Often true
- 4 = Very true
- 5 = Always true

Group A

- _____ I can often sense what my child is feeling.
- _____ I notice small shifts in my child's mood or energy.
- _____ I adjust my tone, timing, or approach based on what my child *isn't* saying.
- _____ I often know what my child needs in the moment.

- _____ TOTAL

Group B

- _____ I stay calm even when my child is testing limits or having a meltdown.
- _____ I give my child time to process, learn, and grow without rushing them.
- _____ I take deep breaths or pause before reacting.
- _____ I respond, rather than react, even when I am tired and frustrated.

_____ TOTAL

Group C

- _____ I face hard conversations with my child with honesty and heart.
- _____ I stand up for what's right for my family, even if it is unpopular.
- _____ I allow my child to see that mistakes and vulnerability are part of being brave.
- _____ I stay grounded even when parenting feels scary and uncertain.

_____ TOTAL

Group D

- _____ I keep our long term parenting goals in mind when responding to day-to-day situations.
- _____ I notice small patterns that reveal big-picture challenges or wins.
- _____ I balance what matters today with what builds our future relationship.
- _____ I create structure and routines while staying flexible when needed.

_____ TOTAL

Group E

- _____ My presence has a calming effect on my child.
- _____ I offer comfort through touch, soothing words, or simply being there.
- _____ I am good at reconnecting after conflict or emotional moments with my child.
- _____ I make time to nurture the parent-child bond.

_____ TOTAL

Group F

- _____ I can shift my child's attention when they are upset, bored, or fixated.
- _____ I use humor, imagination, or creativity to lighten tense moments.
- _____ I offer positive choices or alternatives to guide behavior.
- _____ I can "change the channel" when a meltdown is coming on.

_____ TOTAL

SECTION II

Choose the answer the most accurately describes how you would handle each parenting scenario.

1. When your child is upset, your first instinct is to:
 - A. Listen closely and offer a comforting hug.
 - B. Crack a joke to lighten the mood.
 - C. Help them figure out a solution.
 - D. Remind them that mistakes help them grow.
 - E. Stick to the plan and your house rules.

2. Your child asks a tough question you don't know the answer to. You:
 - A. Encourage their curiosity and research it together.
 - B. Makeup a silly but harmless answer to keep it fun.
 - C. Find a teachable moment to expand their thinking.
 - D. Admit you don't know and celebrate learning something new.
 - E. Set aside time lat to give them your full attention.

3. How do you handle chaos on a hectic school morning?
 - A. Offer calming words to everyone.
 - B. Use humor to diffuse the stress.
 - C. Create a quick checklist to get back on track.
 - D. Accept the imperfections and say- "Tomorrow is another day."
 - E. Stick to your morning routine- consistency is key.

4. Which complement t would make you feel the proudest?
 - A. "You always make me feel safe."
 - B. "You make everything fun."
 - C. "You help me fix any problem."
 - D. "You bounce back no matter what."
 - E. "You're so dependable."

5. When your child struggles with something, you:
- A. Listen and empathize with their feelings.
 - B. Cheer them up with a silly story.
 - C. Offer practical steps to try next time.
 - D. Share your own struggles to show it's normal.
 - E. Remind them to keep practicing.
6. What do you value most during family time?
- A. Open talks and feeling close.
 - B. Laughter and fun memories.
 - C. Learning and growing together.
 - D. Unplugged time to recharge.
 - E. Traditions and shared routines.
7. Which fictional parent are you most like?
- A. Marmee March (*Little Women*)- kind and nurturing
 - B. Phil Dunphy (*Modern Family*)- goofy but loving
 - C. Mr./Mrs. Weasley (*Harry Potter*)- resourceful and supportive
 - D. Elastigirl (*The Incredibles*)- flexible and strong
 - E. Danny Tanner (*Full House*)- organized and reliable
8. What is your biggest parenting goal?
- A. Raise emotionally healthy kids
 - B. Make my child's life joyful
 - C. Prepare my child to handle challenges
 - D. Teach them to be resilient
 - E. Build a strong foundation of trust and routine.

SECTION III

For each of the following five groups of statements, use the key below to tell how often you demonstrate this skill. Remember, be honest with yourself.

KEY

5 = Always

4 = Often

3 = Sometimes

2 = Rarely

1 = Never

Group A

- _____ I listen to my child without interrupting.
- _____ I show empathy when my child struggles.
- _____ I help my child name their feelings.
- _____ I give hugs, encouragement, and warmth daily.
- _____ I stay calm when my child is upset.

_____ TOTAL

Group B

- _____ I set clear rules and follow through with consistency.
- _____ I explain the “why” behind my decisions.
- _____ I encourage problem-solving instead of just giving answers.
- _____ I hold my child accountable with kindness.
- _____ I adjust limits as my child grows.

_____ TOTAL

Group C

- _____ I model the behavior I want to see.
- _____ I praise effort, not just the results.
- _____ I share family values through everyday actions.
- _____ I read, play, or learn new things together.
- _____ I celebrate mistakes as learning opportunities.

_____ TOTAL

Group D

- _____ I take breaks to recharge when needed.
- _____ I apologize and make amends when I mess up.
- _____ I ask for help when I feel overwhelmed.

_____ I manage my stress in healthy ways.
_____ I remember to have fun as a parent.

_____ TOTAL

Group E

_____ I build trust by keeping my promises.
_____ I connect my child with supportive adults.
_____ I show respect for my child's individuality.
_____ I talk with other parents to share ideas.
_____ I teach my child how to be a good friend.

_____ TOTAL

SCORING INSTRUCTIONS

SECTION I

Total each group of statements (A - F). If any of your totals fall between **16-20**, this is one of your superpowers! You may exhibit more than one superpower in this section.

Group A = **Mind Reader**

Group D = **Focus** (details and the big picture)

Group B = **Patience**

Group E = **Care and affection**

Group C = **Courage**

Group F = **Distraction or redirection**

SECTION II

Total how many of each letter you had. Wherever your highest total(s) are, those are areas of strength for you! You could easily show strength in more than one area in this section.

Total # of A's _____

Mostly A's = **Empathy**

Total # of B's _____

Mostly B's = **Humor**

Total # of C's _____

Mostly C's = **Problem-solving**

Total # of D's _____

Mostly D's = **Resiliency**

Total # of E's _____

Mostly E's = **Consistency**

SECTION III

Total each group of statements (A - E). If you scored between **21 - 25** in any of these areas, this is a core superpower for you! You can easily have more than one superpower surface in this section.

Group A = **Emotional connection**

Group D = **Self-Care and resiliency**

Group B = **Guidance and boundaries**

Group E = **Relationship and community**

Group C = **Teaching and growth**

MY PARENTING SUPERPOWERS!	1.	2.
3.	4.	5.

Care and Affection: Your care and affection allows you to create a safe, nurturing environment where your child feels truly loved and valued. Your warmth and consistent affection help build a strong emotional bond that supports your child's confidence and well-being.

Consistency: You build trust and security, helping your child understand what to expect and how to behave. You respond with steady expectations and follow-through, allowing your child to feel safe, supported, and clear about boundaries.

Courage: You face tough moments with confidence and love, even when it's uncomfortable. You model bravery by embracing the unknown and standing strong in your values, so your child learns to do the same.

Distraction or Redirection: You help shift your child's focus away from undesirable behavior toward more positive or constructive activities. When used with intention, you can prevent power struggles, ease transitions, and support emotional regulation in moments of frustration or overwhelm.

Emotional Connection: You naturally tune into your child's inner world, helping them feel truly seen and understood. This deep bond builds trust and emotional safety, laying the foundation for healthy communication and lifelong resilience.

Empathy: You can truly tune in to your child's emotions and respond with understanding instead of judgment. This deep connection helps your child feel seen, heard, and safe, building trust and emotional resilience.

Focus (details & big picture): You are able to guide your child toward long-term growth while staying present and attentive to their daily needs. This balance helps you nurture their future while responding thoughtfully to the small moments that shape their lives.

Guidance and Boundaries: You provide your child with clear expectations and consistent follow-through that helps them feel safe and secure. Your ability to set firm yet loving limits empowers your child to develop responsibility, self-discipline, and respect.

Humor: You lighten tense moments and defuse power struggles with your child, turning potential conflicts into opportunities for connection. You model resilience and joy, reminding my child that they can have laughter, even through tough situations.

Mind Reader: You are deeply attuned to your child's unspoken needs, emotions, and shifts in behavior—even before they say a word. This allows you to respond with sensitivity and prevent meltdowns or misunderstandings before they happen.

Patience: You stay calm and grounded when your child is having a hard time, giving them the space they need to express themselves and grow. You're able to respond thoughtfully instead of reacting impulsively, modeling emotional regulation for your child.

Problem-Solving: You approach challenges with calm curiosity, finding creative solutions that work for both you and your child. You teach your child how to think through obstacles and adapt, helping them grow into confident and capable problem solvers themselves.

Relationship and Community: You intentionally build strong, supportive connections with your child and those around them. You understand that raising a child is not a

solo act—it thrives within a network of love, shared wisdom, and collective care.

Resiliency: You remain steady through challenges, bouncing back from tough days and setbacks with renewed patience and perspective. You model strength and adaptability, showing them how to face life's ups and downs.

Self-Care: You model the importance of balance, boundaries, and emotional wellness for your children. By nurturing yourself, you show up with greater patience, presence, and energy to meet your child's needs.

Teaching and Growth: You naturally turn everyday moments into learning opportunities, helping your child understand themselves and the world around them. You model a growth mindset, showing your child that mistakes are part of learning and that effort leads to progress.

Disclaimer:

This quiz is for informational and self-reflection purposes only. It is not intended to diagnose, treat, or replace professional parenting advice or mental health support. Every family is unique, and parenting strengths may vary depending on circumstances. Use the results as a guide to better understand your parenting style and areas of growth. If you have concerns about your parenting or your child's well-being, please consult a qualified professional.