

5 Parents You Don't Want to Be—

If You Want to Raise a Leader

Introduction

Welcome to this empowering self-assessment and leadership guide. Whether you're parenting a strong-willed child, a budding leader, or just looking for insight, this tool will help you recognize patterns that either build or block leadership development. Use this guide to reflect, grow, and lead your child into a confident future.

Self-Assessment: What Kind of Parent Are You?

Use a scale of 1 to 5 (1 = Never, 3 = Sometimes, 5 = Often) to answer the questions below.

Dictator Parent

- - I often say 'Because I said so' without explaining my reasoning.
- - I see it as disrespectful when my child challenges my opinion.
- - I prefer to be the only one making decisions in the home.
- - I feel uncomfortable letting my child take the lead.

Tiger Parent

- - I strongly push my child to succeed in academics, sports, and extracurriculars.
- - I schedule my child's time to keep them productive and avoid wasted time.
- - I worry my child won't reach their full potential unless I push them.
- - I often take over tasks to ensure they're done 'the right way.'

MIA Parent

- - I feel overwhelmed or distracted when spending time with my child.
- - I'm often on my phone or working when my child wants to talk.
- - I believe providing financially is more important than engaging emotionally.
- - I rely on others (schools, screens, programs) to lead my child's development.

Friend Parent

- - I avoid saying 'no' to my child to keep the peace.
- - I worry about being rejected or resented by my child.
- - I let my child make decisions I know they aren't ready for.
- - I rarely discipline because I don't want to be 'the bad guy.'

Helicopter Parent

- - I often intervene before my child experiences failure.
- - I micromanage my child's homework, friendships, or free time.
- - I fear something bad will happen if I'm not involved in everything.
- - I feel anxious when my child takes risks or explores independently.

The Healthy Parent Leader

The kind of parent who grows leadership is supportive but not smothering, coaching rather than commanding, present but not overpowering. Below are five habits of Healthy Parent Leaders.

Coach, Don't Command

Ask open-ended questions. Let them make decisions. Encourage problem-solving.

Guide, Don't Push

Support their interests. Give them ownership. Celebrate progress, not perfection.

Be Present, Not Perfect

Spend quality time. Be fully attentive. Show them they matter.

Lead with Love AND Boundaries

Say no with compassion. Hold limits with consistency.

Equip, Don't Rescue

Let them fail and reflect. Let them take age-appropriate risks. Debrief together.

KidLead Academy is a high caliber, 7-hour online course with training videos, educating parents on how to identify and develop their child's leadership potential. For more info, go to www.kidlead.com/kla