



# PARENTING

## Discipline & Parenting Styles

### PARENTING

is one of the toughest jobs out there, and let's be real, every child is different, and they don't come with directions.

### DISCIPLINE

Try to think of discipline more as teaching rather than punishment. The most effective discipline makes sure that children are capable of meeting the expectation, understand the expectation and can learn from the consequences when they do not follow through.

*"Tell me and I forget.  
Teach me and I remember.  
Involve me and I learn."*

*-Benjamin Franklin*

## The 4 Parenting Styles

Parenting styles are the way in which parents respond to their child. Some parents may fall into one category, others will have a mix. For a more in depth look at the Parenting Styles you can check out our illustrative guide [here](#).

#### AUTHORITATIVE

This parenting style is supportive, holds high expectations, has warm interactions, and values independence with rules.

#### AUTHORITARIAN

This parenting style expects total obedience, holds high expectations, holds to strict rules and is typically unresponsive.

#### PERMISSIVE

This parenting style holds to little to no rules or expectations, is lenient, indulgent, responds with warmth and is sympathetic.

#### NEGLECTFUL

This parenting style is typically indifferent, cold and unresponsive, with no rules.

The most effective parenting style is a combination of high expectations AND being highly supportive and warm in your interactions.

## Discipline at Different Ages

#### TODDLERS

Give your child attention and praise when they follow instructions and shows positive behavior and do not give attention for defiant or negative behaviors like tantrums. Review with your child acceptable ways to show that they are upset. Remember to catch them being good.

#### SCHOOL AGE

Communication is key! Talk to your child about friendships, working out disagreements with friends, school likes and dislikes, respecting others, consequences of actions etc. Make clear rules and stick to them, such as how long your child can watch TV, play a video game or what their bedtime is. Be clear about what behavior is acceptable and not acceptable.

#### TEENAGERS

Teens want to be heard, take the time and listen. Be honest in your conversations and respect their opinions. This doesn't mean you agree with everything they say, but let them voice their opinions and discuss it. When there is a conflict, be clear about goals and expectations (keeping their room clean, showing respect and getting acceptable grades), but allow your teen input on how to reach those goals (like when and how to study or clean).

It takes courage to be a parent and be open to help. A calm parent can help model calmness to a child. It's okay to reach out for help if you need it (friends, family or our hotline). One of the most important things we can do is to remember to take care of ourselves. It's natural to want to take care of your child first but as the old saying goes, we must first secure our own oxygen mask and mental wellness before being able to help others.

Please visit <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html> for more information on positive parenting tips and developmental milestones.

1-800-4-A-CHILD

