Research has shown that genetics and environment have equal influence on the development of traits in children. Parenting contributes to one of the largest portions of a child's environment, therefore is a huge influence on development.

You have the power to help shape your child's life!

**The 4 Styles of Parenting**

**Authoritative**
- Have age-appropriate expectations.
- Help child work through emotions and problems.
- Hold firm boundaries, with some flexibility.
- Have high expectations and adjust if needed.
- Believes corporal punishment is ineffective.
- Nurturing and affectionate.
- Communication is valued.

**Authoritarian**
- High expectations and strict rules, demanding.
- No flexibility/rigid.
- Unquestioned obedience expected at all ages.
- Believes affection = spoiling.
- Believes punishment is the way children learn.
- Emotionally distant.
- Overly structured environment.

**Permissive**
- Warm and very responsive.
- Few or inconsistent boundaries.
- Overly indulgent and lenient.
- Low expectations for child.
- Avoids confrontation - may bribe or give in to demands.
- Discipline only used for extreme situations or none used at all.

**Neglectful**
- Little to no parental involvement.
- Either no expectations or unattainable expectations.
- Children often left to their own devices.
- No guidance during life’s problems.
- Inconsistent or no boundaries.
- Uninterested in child’s life.
- Passive in their response or offer little interaction.
- Emotionally detached.
- Self absorbed or overwhelmed with own problems.

**Effects on Children**
- **Higher Self-Esteem & Self Confidence**
- Closer with parents
- Less vulnerable to peer pressure
- High level of self control
- Problem solvers
- Higher academic performance
- Less mental illness and delinquency

**Effects on Children**
- **Lower Self-Esteem**
- Value is in behavior
- Behavior not intrinsically motivated but based on the desires and expectations of others
- Fearful to make mistakes
- Higher percentage of mental illness
- Lower academic performance
- Poorer social skills
- Drug/alcohol abuse
- Higher delinquency

**Effects on Children**
- **Can have high self-esteem and self-worth but can be egocentric**
- Lack of boundaries can create anxiety
- Has difficulty with relationships
- Poorer social skills
- Often lacks respect for authority figures
- Has difficulty handling responsibility
- Can be impulsive

**Effects on Children**
- **Lower self-esteem - doesn’t feel worthy of love**
- Dishonest with others
- Struggles with concentration
- May have poor nutrition or health
- Higher rate of mental illness
- Higher rates of suicide
- Higher delinquency and drug use

**What is a parenting style? And why is it important?**

1-800-4-A-CHILD

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