



# PARENTING

## Parenting Styles

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



- 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.

#### 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

### 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.

#### Effects on Children

- Lower Self-Esteem
- value is in behavior
- Behavior not intrinsically motivated but based in 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

HIGH

DEMANDS/EXPECTATIONS

HIGH

WARM/ACCEPTING

COLD/UNACCEPTING

LOW

### 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.

#### 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

### 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

- Lower self esteem - doesn't feel worthy of love
- Distrustful of others
- Struggles with concentration
- May have poor nutrition or health
- Higher rate of mental illness
- Higher rates of suicide
- Higher delinquency and drug use

LOW

UNDERSTANDING

1-800-4-A-CHILD