Parenting Styles & Effects on Children

What’s your Parenting Style?

& the Effects on Children

Authoritarian
AKA Disapproving, Totalitarian, Army Style, Strict

Demanding but not responsive. Impose rules and expect obedience, tending to give orders and enforcing their commands with rewards and punishment, without providing any explanation of where the rules came.

Parent’s Mantra: “Because I said so!”
Child Feels: Shame.

AUTHORITARIAN other effects

- Obedient
- Proficient (good at what they do)
- May view parent as enemy
- May be confused about what is right/wrong
- Have lower levels happiness & self-esteem compared to other children
Parenting Styles & Effects on Children

**Permissive**

- AKA: Laissez-Fair, Indulgent, Free Ranger, Nondirective, Lenient
- Responsive but not demanding.
- Makes few demands and give little punishment, but they are responsive in the sense that they allow their children to make their own rules.
- Trusts rather than monitors.

**Parent’s Mantra:** “I trust you’ll do the right thing.”

**Child Feels:** Indulged but overwhelmed.

Acts more like friend than parent. Communicates & nurtures child.

**Effects of Parenting Styles on Children**

- **Permissive**
  - High self-esteem
  - Self confident
  - Less responsible
  - Irregular
  - Voice feelings
  - Trouble keeping friends
  - Low interest in school
PERMISSIVE other effects

- Dependent
- Irresponsible / lack self-control
- Immature
- Experiences problems with authority
- Experiences problems in school (i.e. completing projects)

In extreme cases, parents REJECT or NEGLECT the needs of child
UNINVOLVED other effects

- Lack self-control
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AUTHORITATIVE

AKA Propagative, Tough Love, Emotional Coach, Assertive Democratic, Balanced Parenting

- Highly demanding and responsive to the needs and opinions of the child.
- Sets rules and enforces them, they also explain and discuss the reasons behind the rules.
- Assertive, but not intrusive and restrictive.

PARENT'S MANTRA: “I care and I'll give you the freedom you earn, but for safety reasons, you'll do as I say”

CHILD FEEL: Accepted and safe.

Guides & shows by example. Supports child's decisions.

Effects of Parenting Styles on Children

Self Image + Emotions + Social Skills = Academics

**Authoritative**
- High self-esteem
- Assertive
- Trust feelings
- Regulate well
- Self control
- Socially responsible
- Less peer pressure
- Get along
- Empathetic
- Learn well
- More confident
- High achievement
AUTHORITATIVE other effects

- Good decision makers
- Independent, but seek help when needed
- Happy
- Capable
- Successful

Questions

- Which parenting style is the most effective?
  - Authoritative ✓
  - Uninvolved ✗
  - Permissive ~
  - Authoritarian ~
- What if parents don’t share parenting styles?
  - Need to have complementary parenting styles
    - E.g. Authoritarian + Permissive
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5 Steps of Emotional Coaching

1. Emotional Awareness
   Be aware of emotions.

2. Connecting
   Connect with your child. See situations as an opportunity for intimacy and teaching.

3. Listening
   Listen to your child emphatically and validate their feelings.

4. Naming Emotions
   Help the child find words to label the feelings.

5. Find Good Solutions
   Set limits while generating options.

Parenting & Conflicts
Couple Conflict

- **Constructive conflict**: disputes that parents solve in a positive way, providing good role modelling for their children.
- **Destructive conflict**: hostile & angry arguments that parents engage in that don’t end in a resolution to the problem.
- Witnessing ✓ constructive conflict can help children develop their problem solving skills.
- Witnessing ✗ destructive conflict can have long-lasting negative repercussions on children.

Effects of Conflict on Children

- Marital conflict can cause the parent to become emotionally detached from their children, hostile, or physically abusive.
- Children who become involved in conflict suffer more than those whose distance themselves or seek support outside the family.