

Parenting Styles

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Victoria Alonzo, M.A., LPC

When we become parents, we might not fully be aware in how we are disciplining our children and the effect it may be having on them. For most of us, the main goal in parenting our children is to raise a healthy, secure child ready to take on the world as a healthy, secure adult. Our parenting style can affect everything from our child's self-esteem to how she treats and interacts with others on a daily basis. It's important to ensure that our parenting style is supporting healthy growth and development.

Researchers have identified four types of parenting styles:

- **Authoritarian**

Authoritarian parents believe kids should follow the rules without any exception. Authoritarian parents typically use the famous phrase, "Because I said so," when a child questions the reasons behind a rule. They are not interested in negotiating and their focus is strictly on obedience.

General outcome: Children of authoritarian parents are at a much higher risk of developing self-esteem issues because they often feel their opinions and feelings are not valued. They may also become hostile or aggressive. They may develop anger and resentment towards their parents, which can lead to a strained, distant relationship over time.

- **Authoritative**

Authoritative parents have rules and they use consequences, however they also take their children's opinions into account. They validate their children's feelings, while also making it clear that the adults are ultimately in charge. Positive reinforcement is often used for good behavior, such as praise and/or a reward system of some kind.

General outcome: Children tend to be happy and successful. They're also more likely to be good at making decisions on their own. Children raised with authoritative parents are most likely to become responsible adults who feel comfortable expressing their opinions.

- **Permissive**

Permissive parents are lenient. They're quite forgiving and they adopt an attitude of "kids will be kids." When they do use consequences, they often are not consistent or clear. Permissive parents usually take on more of a friend role than a parent role.

General outcome: Children are more likely to struggle academically and may exhibit more behavioral problems as they tend not to appreciate or respect authority and rules. They often have low self-esteem and may often report sadness.

- **Uninvolved**

Uninvolved parents tend to have little knowledge of what their children are doing and there tends to be few to no rules. Children may not receive much guidance, nurturing, or parental attention. Uninvolved parents may lack knowledge about basic child development or they may simply be too overwhelmed with other problems, like work, paying bills, and managing a household.

General outcome: Children with uninvolved parents are likely to struggle with self-esteem issues. They tend to perform poorly in school and also exhibit frequent behavior problems and rank low in overall happiness.

There is no one size fits all when it comes to discipline and parenting. It is important to consider each child and situation carefully when choosing which parenting style fits best. However research shows that taking an authoritative parenting approach tends to yield the happiest, most well adapted children with the highest chances for success.

Food for thought:

Positive Parenting *is Wise, Timeless, and Kind...*

It **TEACHES**, instead of makes demands.
It seeks to **UNDERSTAND**, instead of labels.
It **BOOSTS** up, instead of knocks down.
Most of all, it **MODELS** being the kind of person that I want my child to become:
Respectful, Caring, and Understanding.



PARENTING

Rules without Relationship
= Rebellion

Relationship without Rules =
Chaos

Relationship + Rules =
Respect + Responsibility



Reading Suggestions:

