

PARENTING STYLES

Parenting is a wild ride, isn't it? Some days, you feel like a parenting rock star, and other days, you wonder if you're doing it all wrong. Take a deep breath—you're not alone! Parenting styles often reflect how we were raised, our core values, and what we hope for our children's future. Let's explore the four main styles and discover how to navigate this journey with empathy, intention, and a little humor.

Authoritarian: "Because I Said So!"

Characteristics: Strict rules, no compromise, and harsh punishments. Affection is rare, and shame is often a tool.

Impact on Children: Kids may struggle with low self-esteem, decision-making, and finding their moral compass without outside input.



Permissive: The Best Friend Parent

Characteristics: Few rules, minimal structure, and quick to give in to avoid disappointment. Parents often prioritize being a friend over being a guide.

Impact on Children: This can create entitled behavior, poor emotional regulation, or anxious feelings due to a lack of boundaries.



Neglectful/Uninvolved: Absent Parenting

Characteristics: Little to no interaction, rules, or emotional support. Children are left to figure things out alone.

Impact on Children: These kids may face depression, difficulty forming relationships, or hostile behaviors later in life.



Authoritative: The Sweet Spot

Characteristics: A balanced approach with clear rules, emotional warmth, and opportunities for independence. Discipline focuses on teaching, not punishing.

Impact on Children: Encourages self-confidence, responsibility, and problem-solving skills.



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Becoming an Authoritative Parent

Parenting is a journey, and it's never too late to adjust your approach.

1. **Build Connections:** Spend time each day genuinely connecting with your child. Even five minutes of undivided attention can work wonders.
2. **Create Guidelines Together:** Collaborate on family rules. Kids are more likely to follow rules they helped create.
3. **Teach, Don't Punish:** Use natural consequences to help your child learn accountability.
4. **Practice Empathy:** Redirect behaviors with kindness and patience, remembering your child is still learning and growing.

Quick Tip

Use ACT: Act helps you remember in the moment how to communicate effectively with your child

A: Acknowledge the feeling and want

C: Communicate the limit

T: Teach what they can do with two choices

Strength Spot

What makes your family unique? Take time to notice your child's strengths—maybe they're curious, resilient, or endlessly creative. Reflect on your own strengths as a parent and how you can use them to work together as a team. Parenting isn't about being perfect; it's about growing alongside your child and discovering the joy in the journey.

This research began with a developmental psychologist Diana Baumrind in the 60's identified 3 parenting styles & then later neglectful was added.