

What's your Parenting STYLE



Parenting Styles

DEMANDING

UN-DEMANDING

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 FEELS: Accepted and safe.

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.

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.

UNINVOLVED

AKA Neglectful, Rejecting, Dismissing, Indifferent, Detached, Hands-off

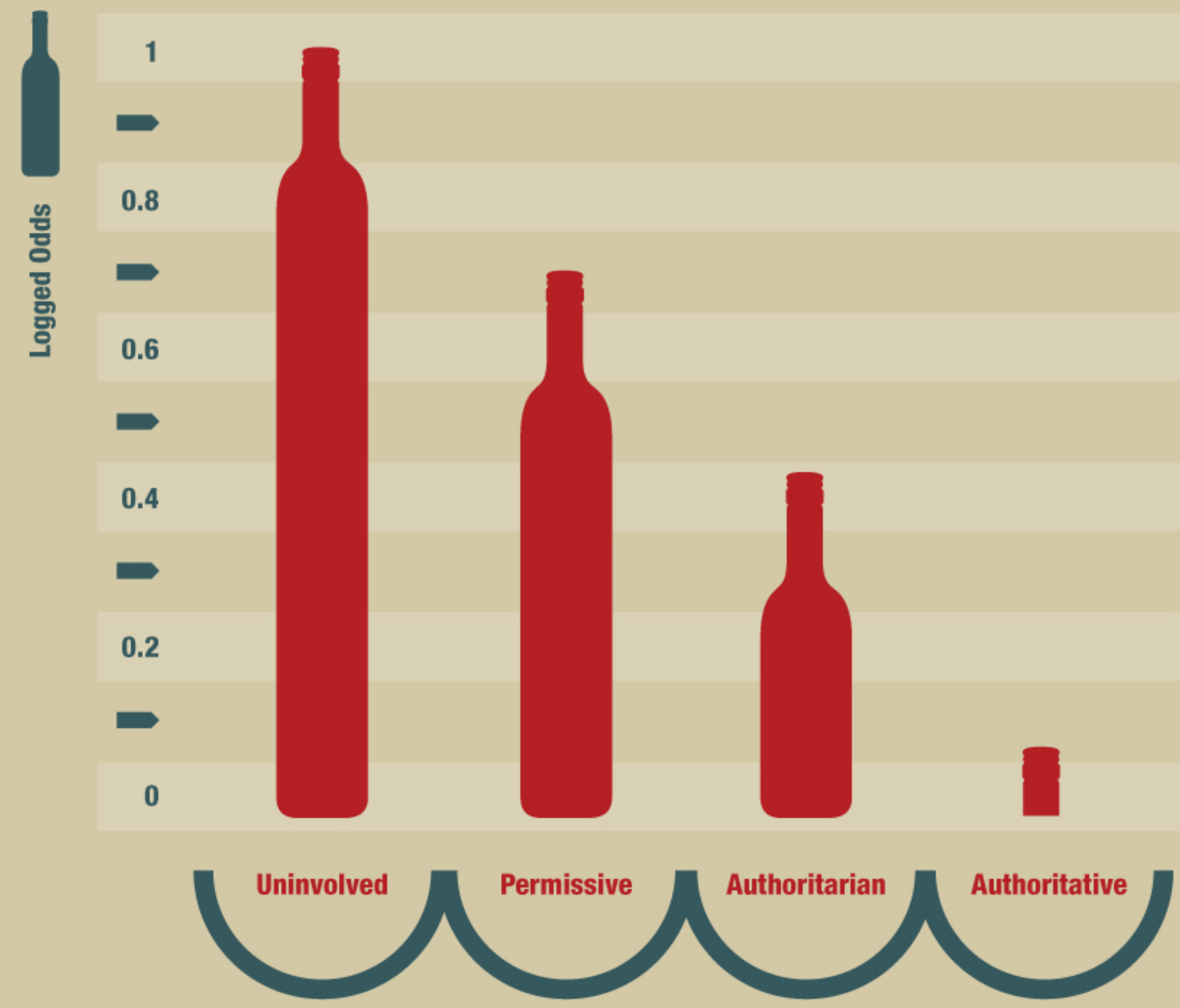
- Undemanding and unresponsive.
- Does not monitor and offers little active support.

PARENT'S MANTRA: "Kids will be kids. You'll learn from your mistakes", Just get over it."

CHILD FEELS: Ignored and unimportant.



Odds of excessive drinking at age 16 because of parenting styles



Effects of Parenting Styles on Children



EFFECTS	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
Permissive	High self-esteem Self confident Less responsible Impulsive	Irregular Voice feelings	Trouble keeping friends	Low interest in school
Authoritarian	Low self-esteem	Don't trust feelings Weak behavior	Don't get along Poor social skills	Hard to concentrate Mid achievement
Uninvolved	Low self-esteem Little confidence Hates self/others	Hide feelings Irregular feelings Avoid feelings	Withdrawn Disrespectful Distrustful	Perform poorly On their own

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.

