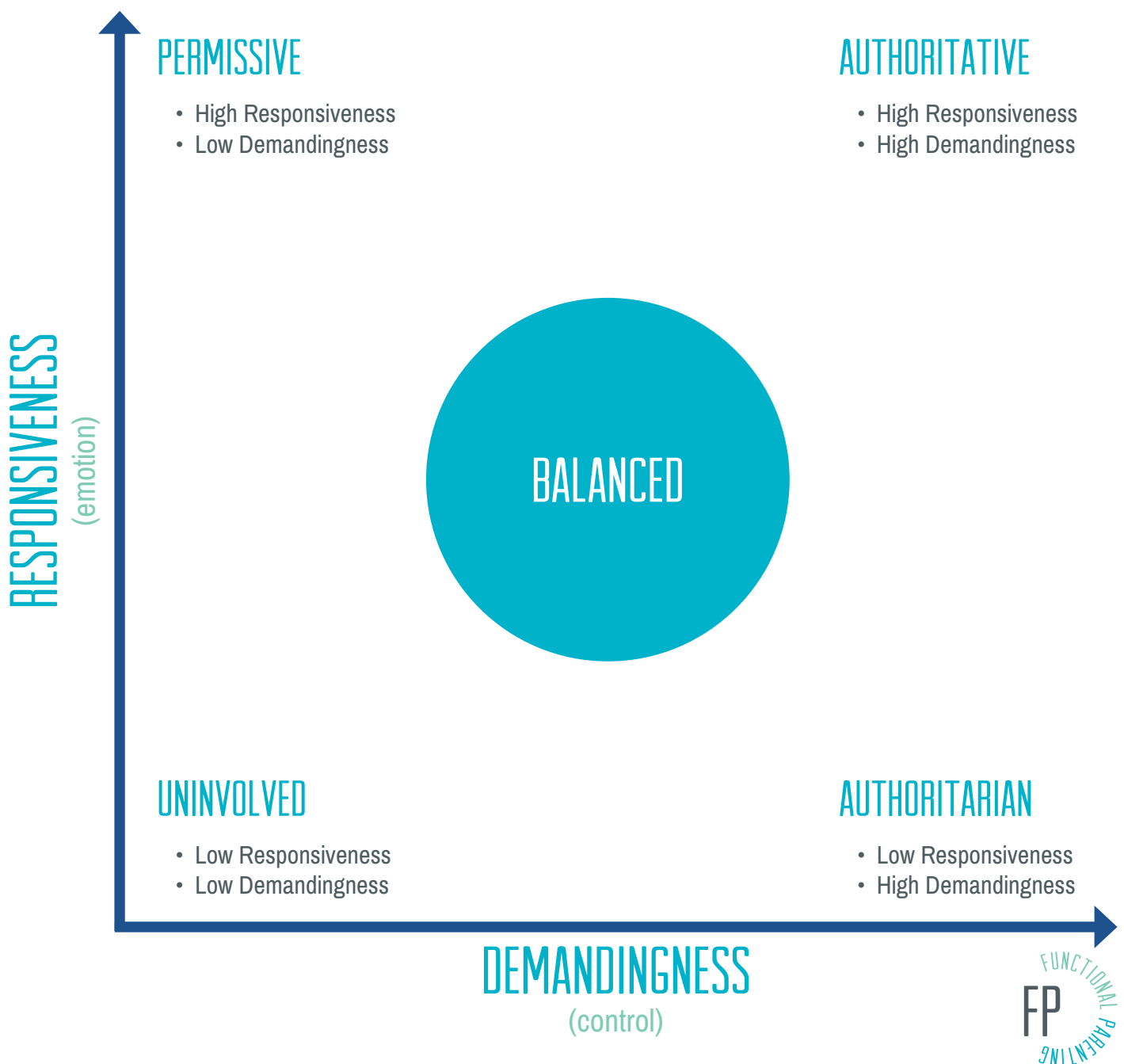


PARENTING STYLES

explained

Parenting styles refer to the way a parent raises their children. It is based 2 main components: responsiveness and demandingness. Responsiveness can be thought of in terms of *emotion* and how much the parent responds to a child's *emotional needs*, while demandingness can be thought of in terms of *control* and how much control the parent elicits over the child.

The degree to which a parent engages in each component determines their parenting style. The 4 researched parenting styles represent the extremes in each category (either high or low).



PARENTING STYLES

explained

Parenting styles refer to the way a parent raises their children. It is based 2 main components: responsiveness (R) and demandingness (D). The degree to which a parent engages in each component determines their parenting style. According to research that has been conducted over the past 60 years, there are 4 parenting styles which represent the combined extreme high or low for each component:

4 PARENTING STYLES

1. AUTHORITATIVE High R High D

- Solves problems together with child
- Sets clear rules & expectations
- Open communication and natural consequences

2. PERMISSIVE High R Low D

- Child-driven
- Rarely gives or enforces rules
- Overindulges child to avoid conflict
- Afraid to set limits

3. UNINVOLVED Low R Low D

- Uninvolved or absent
- Provides little nurture or guidance
- Indifferent to child's social emotional or behavioral needs

4. AUTHORITARIAN Low R High D

- Parent driven
- Sets strict rules & punishment
- One-way communication with little consideration of child's social emotional and behavioral needs



While the four above categories have worked for many years, it is my belief that there is a 5th parenting style that more appropriately describes the type of parent that many of us aspire to become: the **BALANCED** parent.

BALANCED

Moderate R
Moderate D

- Nurturing and responsive to child yet allows the child to still experience difficult emotional states as these are learning moments that a child will need to experience in order to develop coping strategies.
- Does not 'fix' all uncomfortable situations or give child the sense that their input is used in all decision making.
- Sets clear boundaries and limits for their child. Will allow for open communication and encourage child to express themselves, acknowledging child's experiences. However, will ultimately make the decisions based on expectations, display consistency and follow-through.