

What is My Parenting Style?

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Authoritative Parents



Highly Demanding and Highly Supportive

Authoritarian Parents

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Highly Demanding and Not Supportive

Permissive Parents



Highly Supportive and Not Demanding

Neglectful Parents



Uninvolved

Authoritarian Parenting

- Authoritarian parents are often thought of as disciplinarians.
- **They use a strict discipline style with little negotiation possible. Punishment is common.**
- **Communication is mostly one way: from parent to child. Rules usually are not explained.**
- **Parents with this style are typically less nurturing.**
- **Expectations are high with limited flexibility.**

Authoritarian Parenting

- Parents of this style tend to have a
- one-way mode of communication where the parent establishes strict rules that the child obeys. There is little to no room for negotiations from the child, and the rules are not usually explained. They expect their children to uphold these standards while making no errors. Mistakes usually lead to punishment. Authoritarian parents are normally less nurturing and have high expectations with limited flexibility.

Authoritarian Parenting

Children that grow up with authoritarian parents will usually be the most well-behaved in the room because of the consequences of misbehaving. Additionally, they are better able to adhere to the precise instructions required to reach a goal. Furthermore, this parenting style can result in children who have higher levels of aggression but may also be shy, socially inept, and unable to make their own decisions.[\[1\]](#) This aggression can remain uncontrolled as they have difficulty managing anger as they were not provided with proper guidance. They have poor self-esteem, which further reinforces their inability to make decisions.[\[2\]](#) Strict parental rules and punishments often influence the child to rebel against authority figures as they grow older.

Authoritative Parenting

- What is authoritative parenting? Authoritative parents are reasonable and nurturing, and set high, clear expectations. Children with parents who demonstrate this style tend to be self-disciplined and think for themselves. This style is thought to be most beneficial to children.
- **Disciplinary rules are clear and the reasons behind them are explained.**
- **Communication is frequent and appropriate to the child's level of understanding.**
- **Authoritative parents are nurturing.**
- **Expectations and goals are high but stated clearly. Children may have input into goals.**

Authoritative Parenting

- This type of parent normally develops a close, nurturing relationship with their children. They have clear guidelines for their expectations and explain their reasons associated with disciplinary actions. Disciplinary methods are used as a way of support instead of punishment. Not only can children have input into goals and expectations, but there are also frequent and appropriate levels of communication between the parent and their child. In general, this parenting style leads to the healthiest outcomes for children but requires a lot of patience and effort on both parties.

Authoritative Parenting

Authoritative parenting results in children who are confident, responsible, and able to self-regulate.[\[1\]](#)[\[3\]](#) They can manage their negative emotions more effectively, which leads to better social outcomes and emotional health. Since these parents also encourage independence, their children will learn that they are capable of accomplishing goals on their own. This results in children who grow up with higher self-esteem. Also, these children have a high level of academic achievement and school performance.

Permissive Parenting

- Permissive or Indulgent parents mostly let their children do what they want, and offer limited guidance or direction. They are more like friends than parents.
- **Their discipline style is the opposite of strict. They have limited or no rules and mostly let children figure problems out on their own.**
- **Communication is open but these parents let children decide for themselves rather than giving direction.**
- **Parents in this category tend to be warm and nurturing.**
- **Expectations are typically minimal or not set by these parents.**

Permissive Parenting

- Permissive parents tend to be warm, nurturing and usually have minimal or no expectations. They impose limited rules on their children. Communication remains open, but parents allow their children to figure things out for themselves. These low levels of expectation usually result in rare uses of discipline. They act more like friends than parents.

Permissive Parenting

Limited rules can lead to children with unhealthy eating habits, especially regarding snacks. This can result in increased risks for obesity and other health problems later in the child's life. The child also has a lot of freedom as they decide their bedtime, if or when to do homework, and screen time with the computer and television. Freedom to this degree can lead to other negative habits as the parent does not provide much guidance on moderation. Overall, children of permissive parents usually have some self-esteem and decent social skills. However, they can be impulsive, demanding, selfish, and lack self-regulation.

Uninvolved Parenting

- Uninvolved parents give children a lot of freedom and generally stay out of their way. Some parents may make a conscious decision to parent in this way, while others are less interested in parenting or unsure of what to do.
- **No particular discipline style is utilized. An uninvolved parent lets a child mostly do what they want, probably out of a lack of information or caring.**
- **Communication is limited.**
- **This group of parents offers little nurturing.**
- **There are few or no expectations of children.**

Uninvolved Parenting

- Children are given a lot of freedom as this type of parent normally stays out of the way. They fulfill the child's basic needs while generally remaining detached from their child's life. An uninvolved parent does not utilize a particular disciplining style and has a limited amount of communication with their child. They tend to offer a low amount of nurturing while having either few or no expectations of their children.

Uninvolved Parenting

The children of uninvolved parents usually are resilient and may even be more self-sufficient than children with other types of upbringing. However, these skills are developed out of necessity. Additionally, they might have trouble controlling their emotions, less effective coping strategies, may have academic challenges, and difficulty with maintaining or nurturing social relationships.

SUMMARY

- Characteristics of a parent's upbringing style may continue to be prevalent in the child's behaviors and actions as they age. As a child grows older, they can be affected by other factors that further shape their conduct or possibly change it entirely (i.e., therapy, culture, job, and social circle). With regards to health outcomes, it is important to identify which areas of concern are related to the upbringing style of a patient's parents (i.e., the habit of unmonitored snacking) and address the issues at that level. These issues become relatively more important when it comes to behavioral/ psychological intervention.
- Becoming culturally competent whenever possible is a great asset for providers who take care of pediatric patients. Understanding the family background, how rules are set, and discipline styles will allow the clinician to understand the dynamics of the family unit. Once the provider is familiarized with the parental rearing techniques, identifying, managing, or referring families will be an easier task.

REFERENCE:

Sanvictores, T., & Mendez, M. D. (2022). Types of parenting styles and effects on children. In *StatPearls [Internet]*. StatPearls Publishing.

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Video

<https://www.youtube.com/watch?v=fyO8pvpnTdE>

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