

A group of approximately ten people, including men and women of various ages, are seated around a long table in what appears to be a classroom or meeting room. They are engaged in a discussion. The room is decorated with colorful children's artwork on the walls, including palm trees, dinosaurs, and other animals. There are also educational posters on the wall. The overall atmosphere is collaborative and focused.

**Let's talk about us...**

**Our parenting styles**

**Our parenting techniques**

**Our impact on our kids**

What exactly is a *'parenting style'*?

It is the emotional climate, or climates, in which we raise our children

What exactly are *'parenting practices'*?

It is the things we specifically do, our actions, as parents of our children





# Four Accepted And Evidenced Parenting Styles

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In the 1960's, psychologist Diana Baumrind identified and named four parenting styles

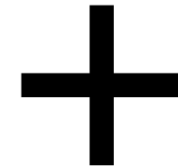
- Authoritarian
- Permissive
- Authoritative
- Uninvolved

The techniques of each parenting style, and their effect on the child throughout their life, are well documented and evidenced

Each parenting style is categorized according to the weight given to the two fundamental dimensions of parenting behaviour

## **Demandingness**

The extent to which we want to control our children's behaviour and demand their obedience

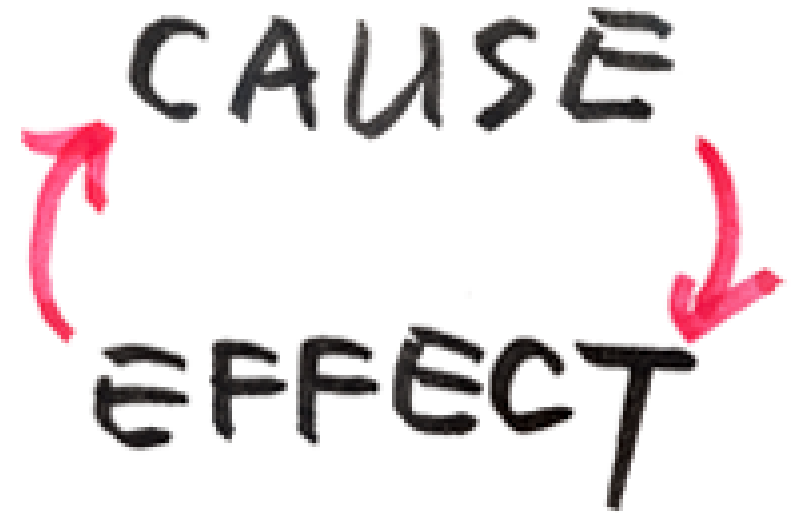


## **Responsiveness**

The degree to which we are accepting and sensitive to our children's unique emotional and developmental needs

What does each parenting style look like?

And how might each affect the child as they progress through childhood, adolescence, and in to adulthood?



# AUTHORITARIAN

High demandingness



Low responsiveness



## Techniques

*“Because I say so, that’s why”*

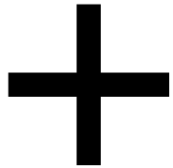
- Expectations of obedience without explanation
- Offer occasional praise
- Frequently issue commands, criticism, and threats
- Apply guilt/shame tactics

## Effects

- May do well in school and be less likely to exhibit problem behaviour
- Likely to be timid with low self esteem
- Demonstrate limited social skills
- Potential to exhibit high rates of depression and anxiety
- Propensity to seek solace through material wealth

# PERMISSIVE

Low demandingness



High responsiveness



## Techniques

*“Yes, of course you can sweetheart!”*

- Warm, indulgent, and very loving
- Prefer not to say no or disappoint child
- Set few boundaries/struggle with discipline
- Bribe ‘bad for good’
- Shy away from conflict and difficulties

## Effects

- High self esteem, social skills and lower levels of depression
- Inflated sense of self and entitlement aka ‘spoilt’
- Ego-centric, manipulative, inability to follow rules
- Poor impulse control, seek instant gratification/excitement – propensity for substance abuse/wrong crowd
- Likely to present as high maintenance adults and have problematic social interactions and relationships

# AUTHORITATIVE

High demandingness



High responsiveness



## Techniques

*“Hey kiddo, maybe you do as I say this time, OK?”*

- Love unconditionally and accept child for who they are
- Keep a close eye, provide lots of support, and set firm boundaries
- Grant freedom within boundaries but enforce when necessary
- Balances their parental demands with responsiveness to child’s need for autonomy

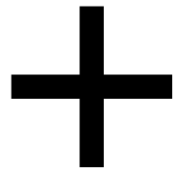
## Effects

- Typically do well in school and avoid problem behaviour
- Good social skills and peer relationships into adulthood
- Rounded sense of self and independence
- Higher levels of emotional literacy and empathy
- Less likely to seek comfort through excessive materialism



# UNINVOLVED

Low demandingness



Low responsiveness



## Techniques

*"I don't know, ask your mum/dad/teacher/sister/etc."*

- Often unavailable, both emotionally and physically
- Indifferent and gives little of themselves
- Sets few clear boundaries
- Delegates responsibility to other care-givers

## Effects

- Sows seeds for a lifetime of havoc through indifference and inability to cope with life
- High levels of negativity, poor impulse control, inability to regulate emotions, low levels of confidence, self-esteem and assertiveness
- Significant risk of anxiety, depression, suicidal behaviour, addiction and physical health problems
- Likely to struggle academically, resulting in poor academic achievement

Invest ourselves in our kids,  
through...

Love

Example

Acceptance

Discipline

Every mother should remember  
that one day her daughter  
will follow her example  
instead of her advice.

- KM II

**EVERY FATHER  
SHOULD  
REMEMBER THAT  
ONE DAY HIS SON  
WILL FOLLOW HIS  
EXAMPLE INSTEAD  
OF HIS ADVICE.**



***“It is not the parent/child relationship that has the greatest impact on the child. It is what is missing in that relationship that leaves the greatest scar.”***

**Carl Jung**

**THANK YOU**

**LEE SLATER MBACP**