

Information from your Patient Aligned Care Team

Parenting Styles

What are the different types of parenting styles?

Authoritative parents provide high warmth and support, firm limits, good communication, and high supervision. Authoritarian parents are demanding, and provide low warmth and support, firm and inflexible limits, and one-way communication. Permissive parents have high warmth and support but place very few limits and poor supervision. Uninvolved parents provide low warmth and support, very few limits, little communication, poor supervision, and are considered neglectful. Research suggests that the **authoritative parenting style** is the best approach to parenting. Review table below for specific examples of behaviors associated with the different types of parenting styles. Which one are you most like?

Parenting Style	Typical Behaviors
Authoritarian	This type of parent values obedience. Commands the child about what to do and what not to do, rules are clear and unbending. The parent pours the "right" information into the child who is considered an empty vessel. Misbehavior is strictly punished.
Permissive	Instead of following the strict rules of parents, children are encouraged to think for themselves, avoid inhibitions, and not value conformity. Parents take a "hands-off" approach, allowing children to learn from the consequences of their actions. Misbehavior is usually ignored.
Uninvolved	These parents are "do nothing and say nothing" parents. Parents permit the children to do whatever they want to do, whenever they want to do it, without any rewards or consequences for their behavior. In extreme cases, this parenting style can develop into neglect or rejection of the children.
Authoritative	These parents establish basic guidelines for children. Clarifying issues, they give reasons for limits. Learning to take responsibility is a high priority. Children are given lots of practice in making choices and guided to see the consequences of those choices. Misbehavior is handled with an appropriate consequence or by problem-solving with the child to find an acceptable way to get desires met. Out-of-control children have "cool-off" time, not punishment. Children are part of deciding how to make amends when someone or something has been hurt.

Parenting Styles and some Daily Dilemmas

Annie, age 4, has grabbed a ball from Luisa, another child

- **Authoritarian:** You come back right this minute and give that ball back to Luisa immediately.
- **Authoritative:** The ball belongs to Luisa. I know you want to play with it, but why don't you talk it over with her and try and work out a system to take turns?
- **Permissive:** believing that Annie should be allowed to express her impulses freely, doesn't suggest a solution and does not use the opportunity to help her solve the problem.

Richard, age 12, wants to rent an R-rated DVD that his friends have been talking about

- **Authoritarian** parent gets mad and tells him he can't rent any more DVDs
- **Authoritative** parent says no and helps him find a more appropriate DVD
- **Permissive** parent lets him rent it when he pleads

Adapted from <http://www.aboutourkids.org/aboutour/articles/parentingstyles.html>

What's the big deal about parenting styles?

Children reared from the **authoritarian parenting style** often rebel from strict punishment, use violence as a solution to problems, and tend to copy others behaviors, including undesirable peer groups.

Children reared from the **permissive parenting style** are creative and original, but they often have trouble fitting into the work-force. These children typically become confused, feel insecure, and can make poor choices. Children reared from the **uninvolved parenting style** do not learn what is to be expected of them from others and continue to expect everything to go their way throughout life. Children reared in the **authoritative parenting style** learn to accept responsibility, become independent, make wiser choices, cope with change, and are better equipped to succeed in a work-force which relies on cooperative problem-solving. These children are typically work well with others, have high self-esteem, and high self-confidence.

Reference

- <https://www.apa.org/act/resources/fact-sheets/parenting-styles>