

COMMON PARENTING STYLES

Things to ask yourself as you read this information:

- What style or combination of styles did your parents displayed?
- What do you think is your parenting style?

INDULGENT (PERMISSIVE)

Parent Behavior:

- Parent is more controlling, and strict. The parent will not allow child to make mistakes and expects perfection with unreasonable expectations.

Impact to Child:

- The child is often well behaved but tends to be a follower and may suffer from low self-esteem, mood imbalances and anxiety.



AUTHORITARIAN (INFLEXIBLE)

Parent Behavior:

- A parent who allows children too much control and decision-making power

Impact to Child:

- The child tends to be impulsive, aggressive, lack independence and the ability to take responsibility for their actions.

AUTHORITATIVE (FLEXIBLE)

Parent Behavior:

- Parent is warm, affectionate, reasonable, and capable of good listening and is neither neglectful nor too permissive.

Impact to Child:

- The child tends to have high self-esteem, good problem-solving skills, and are achievement oriented.



UNINVOLVED/(DISENGAGED)

Parent Behavior:

- The parent is emotionally unavailable to their child. This parent does not set a lot of limits.

Impact to Child:

- The child tends to be needier, more aggressive, and suffer from low self-esteem. They may also be perfectionists, constantly seeking validation.
- OR The child may be detached, aloof, uncomfortable forming close relationships with others or receiving help from others.