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Different Styles of Parenting

Parenting is a big responsibility. Children rely on their parents to help them learn and thrive in life. The way a parent raises their child will determine the success of their child in the future. One of the toughest jobs that comes along with parenting is discipline. All parents have different ways they handle their children. Some ways are more effective than others.

In Psychology, there are four different parenting styles, which include, Authoritarian, Permissive, Neglectful, and Authoritative. These categories classify parents according to the way they discipline, interact physically and socially with their child, and the overall care of the child.

An Authoritarian style of parenting, is classified as a parent who is very strict with their children. Their expectations for them are very high and are almost impossible to achieve. Communication is usually only one sided, the parent doesn’t allow the child to express their concerns or feelings, they only require them to listen. According to an online article titled “4 Types of Parenting Styles and Their Effects on Kids.” “What’s your parenting style?” Author Amy Morin states that these parents believe children are only seen not heard. These parents are not very nurturing or loving towards their children. Authoritarian parents are controlling, in every aspect of their child’s lives. Their children usually show low performance in school and poor academic skills. Studies have also shown that these children will have poor social skills as well as problems with drug and alcohol abuse when they are older.

A permissive style of parenting, is categorized as a parent who is not strict at all. These parents have very little rules, if any. When they do set rules, they are not consistent with them. They are warm nurturing parents. They have low expectations for their children. They set the bar low so that their children will not fail. Permissive parents do not want to do anything to make their child angry with them so therefore they are very lenient with them. They try to be friends with their children rather than be a parent to them. The children of permissive parenting tend to have poor social skills. They also seem to have more problems with impulsive behaviors. and have trouble in relationships, especially romantic ones.

Another parenting style a parent could be classified in is neglectful. These children usually can do whatever they want whenever they want to. Neglectful parents are usually not involved at all with their children and are not very nurturing to their needs. These parents are usually self-centered and have very minimal communication with their children. Although, they may spend a great deal of time with their child, they aren’t really paying attention to them. These parents often need outside assistance to help educate them on how to successfully be a parent. This parenting style is very damaging to children, especially emotionally. These children usually end up with drug abuse and alcohol addictions.

The last parenting style is authoritative. This style of parenting is believed to be the most effective for children. These parents set clear and reasonable rules, explain them and stick with them. These parents use the praise and reward system. They are very loving and nurturing with their children. They are very involved with their child’s lives. Authoritative parents have high expectations for their children, but they are reasonable goals set by the parent and the child. The children can express themselves which will teach them how to be successful adults. Authoritative parents usually have structured schedules and strict routines such as bedtimes. The children have consistent consequences for breaking rules.

Although all parents fall in one category or another, not all parenting styles work with children with behavior problems. These situations require outside help for assistance such as psychologist. All parents should analyze their parenting styles and determine what will be the most sufficient for them but most importantly what is best for their child to lead a happy, successful life. It appears a happy medium is required in child rearing. Parents should not be to strict but not be a push over either.

Sources:

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