

# Unlock WIZARD

COVID-19

CCI  
SPECIAL

## Parenting styles and its effects

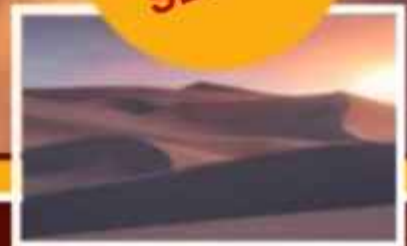
It's time be make  
conscious choices  
for our children.

**It is easier to build strong children  
than to repair broken men**

Frederick Douglass



#44  
ENGAGE  
SERIES



**Don Bosco National Forum for the Young at Risk**



As rightly said by Frederick Douglass *“it is easier to build strong children than to repair broken men”*. It’s important to select the right parenting style for your child to make sure that he/she becomes the best version of themselves.

Children go through different stages in life. Parents create their own parenting styles from a combination of factors that evolve over time as children begin to develop their own personalities. One of the crucial thing in this situations is to select the appropriate parenting style for the children. Hence, knowing your parenting style and using the correct one in correct moment is important.

A small step towards awareness and conscious decision making can help our children to have better future. DB YaR Forum is happy to bring this awarenss to you

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## PARENTING STYLES: WHICH PARENT ARE YOU?

	PARENTING STYLE		ASSOCIATED OUTCOME
<b>AUTHORITATIVE</b>	<ul style="list-style-type: none"> <li>• Warm and responsive</li> <li>• Clear rules</li> <li>• High expectation</li> <li>• Supportive</li> <li>• Value independence</li> </ul>		<ul style="list-style-type: none"> <li>• Higher academic performance</li> <li>• More self-esteem</li> <li>• Better social skills</li> <li>• Less mental illness</li> <li>• Lower delinquency</li> </ul>
<b>AUTHORITARIAN</b>	<ul style="list-style-type: none"> <li>• Unresponsive</li> <li>• Strict rules</li> <li>• High expectation</li> <li>• Expect blind obedience</li> </ul>		<ul style="list-style-type: none"> <li>• Lower academic performance</li> <li>• Less self-esteem</li> <li>• Poorer social skills</li> <li>• Mental illness, drug/alcohol abuse, delinquency</li> </ul>
<b>INDULGENT</b>	<ul style="list-style-type: none"> <li>• Warm and responsive</li> <li>• Fewer or no rules</li> <li>• Indulgent</li> <li>• Lenient</li> </ul>		<ul style="list-style-type: none"> <li>• Impulsive behaviour</li> <li>• Egocentric</li> <li>• Poorer social skills</li> <li>• Problematic relationship</li> </ul>
<b>NEGLIGENT</b>	<ul style="list-style-type: none"> <li>• Cold and unresponsive</li> <li>• No rules</li> <li>• Uninvolved</li> <li>• Indifferent</li> </ul>		<ul style="list-style-type: none"> <li>• Impulsive behaviour</li> <li>• Delinquency</li> <li>• Drug/alcohol abuse</li> <li>• Suicide</li> </ul>





# Which *Parenting Style* is Right For You?



Psychologists for over 25 years have recommended an authoritative approach for the most positive outcomes.

## Authoritative

### It Looks Like:

- Have firm boundaries and expectations, but adjust when needed.
- Have age appropriate expectations.
- Help the child work through emotions/ problems.
- Believes corporal punishment is ineffective.

### The Outcomes:

- Higher self-esteem and self-confidence.
- High emotional intelligence.
- Closer with parents and less susceptible to peer pressure.
- High level of self-control.
- Become problem solvers.

## Authoritarian

### It Looks Like:

- High expectations and strict rules with little to no flexibility.
- Unquestioned obedience is expected at all ages.
- Not overly nurturing, fears spoiling a child with too much affection.
- Believes punishment is the only way children learn.

### The Outcomes:

- Lower self-esteem, value is in behavior.
- Higher percentage of mental illnesses.
- Behavior is based on other's desires, not intrinsic motivation.
- Scared to make mistakes

## High Warmth/ Affection

### It Looks Like:

- Non-existent or inconsistent boundaries.
- Parents are extremely responsive to their child's needs/ wants.
- Avoids conflict by using bribing or giving in.
- Discipline is only reserved for extreme situations, or none at all.

### The Outcomes:

- High self-esteem and self-worth.
- No boundaries can create anxiety.
- Difficult to maintain relationships.
- Often lacks respect for authority figures.
- Often can not handle responsibility.

## Permissive

## Warmth/ Affection Low

### It Looks Like:

- Parents are uninvolved.
- Either no expectations or unattainable expectations.
- Children are often left to their own devices for most the time.
- Doesn't offer guidance during life's problems.
- May be overwhelmed by life's problems and need more help.

### The Outcomes:

- Lower self-esteem, doesn't feel worthy of love.
- Higher percentage of mental illnesses.
- Struggles with concentration.
- Distrustful of others, especially authority.
- Poor health, nutrition

## Neglectful

# CONNECTING VERSUS CONTROLLING

## COMPARING THE 2 TYPES OF PARENTING



The goal is to establish a respectful, trusting and reciprocal relationship

Is characterized by two-way respect with parent and child respecting one another

Cooperation is encouraged to solve a problem together; teaching life skills.

Is based on a model of health and resource, skills-building and the flow of resources to gain positive outcomes.

Parenting for connection is based on a model of health and resource, skills-building and the flow of resources to gain positive outcomes

Highlights the primacy of the parent-child relationship

Uses an assertive communication style that is clear, direct and non-threatening.

Teaches through providing reasonable consequences



The goal of control-oriented parenting is to change the child by modifying behavior.

Respect flows only one way in control-oriented parenting. The child is expected to show respect for his parent; respect is demanded, not earned.

Control-oriented parenting uses confrontation, which leads to hostility and defiance.

Is based on a model that focuses on a child's pathology or deficits.

Parenting for control is based on a model of illness or deficiency that focuses on a child's pathology and deficits.

Focuses on changing the child's behavior or attitude.

Tends to be aggressive in their communication. They often are hostile, offensive and threatening.

Tends to be punitive, angry and vindictive.



# DISCIPLINE

VERSUS

## PUNISHMENT

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Helps children learn by teaching them how to make good choices and about the results of their behavior.

Reassures child that he remains lovable, even when he makes poor choices or mistakes.

Encourages good behavior, which keeps the lines of communication open between parent and child and fosters connection.

Focuses on the child controlling his/her own behavior.



Relies on fear and suffering to get kids to comply and learn a lesson.

Emphasis is on the child being "bad" rather than the behavior. This becomes a self-fulfilling prophecy and misbehavior continues.

Fosters rebellion, revenge, dishonesty and disconnection between parent and child.

Focuses on the parent being responsible for controlling a child's behavior.



DO YOU

# REACT OR RESPOND

*to your kids*



"Stop that crying right now!"

"If you two don't stop fighting, I'm turning this car around!"

"What?! You spilled your juice again!"

"Darn right it's not fair. Life's not fair. Get used to it."

"Another 'C?' What's going on with you?"

"That's enough whining, young lady."

"I've had it with you!"



"You look upset, do you need a hug?"

"I am pulling over. When the car is quiet, I will continue driving."

"Oops, let's get a rag and get that mess cleaned up."

"I can tell you're upset about my decision."

"It looks like you are struggling in math. Is there anything I can do to help?"

"Please use a calm voice when asking me for something."

"I'm feeling frustrated right now, I'm going to take a walk to calm down."





# HOW TO USE POSITIVE LANGUAGE TO GET YOUNG KIDS TO LISTEN TO YOU

Don't run	→	Please walk
Don't jump	→	Please go down slowly
Don't yell	→	Please use a quiet voice
Don't hit	→	Please be gentle
Don't ride your bike so fast	→	Please slow down
Don't throw the toys	→	Please put them gently on the ground
Don't talk to me like that	→	Please use kind words
Don't grab the toy out of another kid's hands	→	Please use your words and ask for the toy
Don't play with the ball in the house	→	Please only use the ball outside
Don't slam the door	→	Please close it gently / without making noise
Stop that loud tantrum	→	I'm here for you, tell me what happened
Don't interrupt me	→	Please wait until I finish talking





[CLICK TO WATCH](#)

**Parenting Styles and  
Their Effects on Children**



[CLICK TO WATCH](#)

**Parenting Styles**



[CLICK TO WATCH](#)

**10 Psychology Problems Caused  
by Parenting Behavior**



### **KEY WORDS TO SEARCH**

1. Why knowing about parenting style is important?
2. What is parenting style?
3. What are the different types of parenting style?
4. Does parenting style effect behaviour of child?
5. Which parenting style is best?

*Children are not things to be moulded, but  
are people to be unfolded*



I do not fear at all what men  
can do to me for speaking the  
truth. I only fear what God  
would do if I were to lie.

**- Don Bosco**



## **Don Bosco National Forum for the Young at Risk**

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