

Authoritarian



Characteristics

Authoritarian parents often:

- Have strong expectations and set firm boundaries
- Expect children to obey without question and use harsh, sometimes violent punishments
- Use criticism as motivation for change
- Make decisions for their children to ensure outcomes

Effects of parenting style



- Anger or disconnect from parents later in life
- Low self-esteem or insecurity
- Depression/Anxiety
- Behavioral problems
- Difficulty with emotional regulation
- High expectation of self
- Poor decision-making skills



Small changes you can make

Encourage and accept your child's feelings, thoughts, and opinions without offering your own. Include them in decisions that pertain to them or the family as a whole. This will help them to trust their own abilities as they continue to develop.

Authoritative



Characteristics

- Sets boundaries and provide consistent limitations accompanied by understanding and nurturing behaviors
- Offers child appropriate choices and encourages confidence in those choices
- Constructive discipline that helps the child to learn
- Encourages open communication and emotional expression

Effects of parenting style



- High self-esteem and self-confidence
- Happier in adolescence than children raised with other parenting styles
- High academic achievement
- Demonstration of independence and self-reliance
- Strong parent/child adult relationship
- Good use of coping and decision-making skills



Small changes you can make

Psychologists agree that authoritative parenting is the most effective way to parent confident, mentally healthy children. However, no one is perfect and all parents would benefit from being reflective and honest about what parenting strategies are working well for their families and which ones could use improvement.

Permissive



Characteristics

- Low expectations
- Lenient
- Overly indulgent
- Few restrictions
- Low involvement/disengaged
- High praise and nurturing without guidance or discipline

Effects of parenting style



- Social anxiety
- Low self-confidence
- Attachment issues
- Low academic achievement
- Feelings of neglect, loneliness



Small changes you can make

Work together with children to establish new responsibilities and expectations. Start with small tasks or goals and make your child aware of the consequences that will happen if they are not carried out. This small step will help children stay on task and achieve goals.