

Different Parent Profiles

Maude Le Roux, OTR/L



4 Different Styles of Parenting

- Authoritarian
 - Authoritative
 - Permissive
 - Uninvolved
- Diana Baumrind did her groundbreaking work on parenting styles in the 1960's; her categorizations are still found in most psychology textbooks
 - First came up with three styles and later added a fourth
 - Others have since done more work on her theory

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Authoritarian Parenting

- Kids should be seen and not heard
- With regards to rules it's: "my way or the highway"
 - Do not take child's feelings into consideration



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Obedience is Key

- "Because I said so,": when a child questions the reasons behind a rule.
- Not interested in negotiating
- Focus is on obedience.
- Do not allow kids to get involved in problem-solving challenges or obstacles
- Parents make the rules and enforce the consequences with little regard for a child's opinion.
- May use punishments instead of discipline
- Rather than teach a child how to make better choices; more invested in making kids feeling sorry for their mistakes

Consequences

Children tend to follow rules much of the time, but their obedience comes at a price

At a higher risk of developing self-esteem problems

Their opinions are not valued.

They may also become hostile or aggressive

They may focus on the anger they feel toward their parents

Due to extreme strictness; children may grow to become good liars to avoid punishment



Authoritative Parenting



A lot of effort into creating and maintaining a positive relationship with their child

Explain the reasons behind your rules

Enforce rules and give consequences, but take child's feelings into consideration

Constructive Parenting

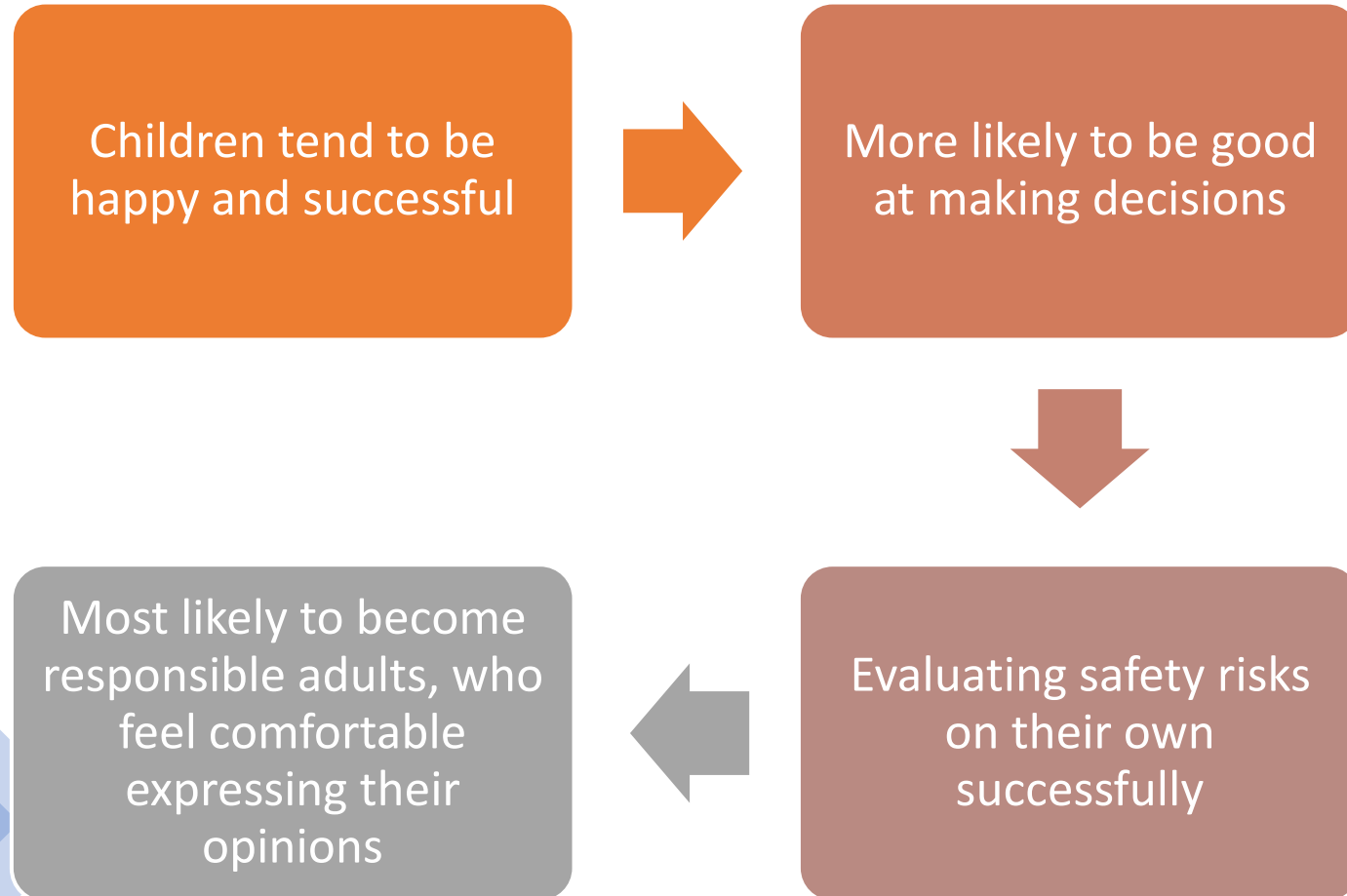
- They validate their children's feelings
- Also making it clear that the adults are ultimately in charge
- Invest time and energy into preventing behavior problems before they start
- Use positive discipline strategies to reinforce good behavior, like praise and reward systems



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Consequences



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Permissive Parenting



Set rules but rarely enforce them



Do not give out consequences very often



Think their child will learn best with little interference from them

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“I am your friend”

Often only step in when there's a serious problem

Quite forgiving

“Kids will be kids.”

Do not make their consequences stick

Might give privileges back if a child begs

May allow a child to get out of time-out early if he promises to be good

Usually take on more of a friend role than a parent role

Often encourage their children to talk with them about their problems

Do not put much effort into discouraging poor choices or bad behavior



Consequences

- More likely to struggle academically
- May exhibit more behavioral problems; do not appreciate authority and rules
- Often have low self-esteem
- May report a lot of sadness
- At a higher risk for health problems, like obesity; permissive parents struggle to limit junk food intake
- More likely to have dental cavities because permissive parents often don't enforce good habits; like ensuring a child brushes his teeth

Uninvolved Parenting

- Do not ask child about school or homework
- Rarely know where child is or who they are with
 - Do not spend much time with their child



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You Are On Your Own

Tend to have little knowledge of what their children are doing.

Tend to be few rules

Children may not receive much guidance, nurturing, and parental attention

Expect children to raise themselves

Do not devote much time or energy into meeting children's basic needs

May be neglectful but it's not always intentional

Parent with mental health issues or substance abuse problems may not be able to care for a child's physical or emotional needs on a consistent basis

Lack knowledge about child development

Sometimes, simply overwhelmed with other problems, like work, paying bills, and managing a household



Consequences

Likely to struggle with self-esteem

Tend to perform poorly in school

Exhibit frequent behavior problems

Rank low in happiness

Parenting Styles and Child Outcomes

PSA
PARENTING METHODS

LINDSEY HORTON, KIMBERLY HOLCOMB, STEFAN ARROYO

<https://www.youtube.com/watch?v=hx8Yqo9LZ9w>

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Attachment Parenting - Attachment Parenting International(API)

Preparing	Preparing for pregnancy, birth, and parenthood
Feeding	Feeding with love and respect
Responding	Responding with sensitivity (especially when a parent hears the baby cry)
Using	Using nurturing touch and physical contact (including baby-wearing)
Ensuring	Ensuring safe sleep, physically and emotionally
Providing	Providing consistent love and care
Practicing	Practicing positive discipline
Striving	Striving for balance between personal and family life

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Maude Le Roux
Academy

Maude Le Roux, OTR/L, SIPT, IMC

Websites

<https://maudeleroux.com/>

Facebook

<https://www.facebook.com/ATAMaudeLerouxOT/>

LinkedIn

<https://www.linkedin.com/company/a-total-approach>

Blog

<https://maudelerouxblog.com/>