

Parenting styles and it's effects!!

“I came to parenting the way most of us do – knowing nothing and trying to learn everything.” – Mayim Bialik

There is a great deal of diversity among families when it comes to parenting. Cultural backgrounds greatly impact how the family unit exists and how children are reared. Culture refers to a pattern of social norms, values, language, and behaviour shared by individuals. As a result, parents are affected by their culture.

Every parent has a different approach to interacting and guiding their children. A child's morals, principles, and conduct are generally established through this bond.

Let's talk about the parenting styles and it's effects on children!

PARENTING STYLES-

- **Authoritative Parenting**

This parent typically develops a close, nurturing relationship with their children. They have clear guidelines for their



expectations and explain their reasons associated with disciplinary actions. Disciplinary methods are used as a way of support instead of punishment. Not only can children have input into goals and expectations, but there are also frequent and appropriate levels of communication between the parent and their child. Generally, this parenting style leads to the healthiest

outcomes for children but requires a lot of patience and effort from both parties.

- **Authoritarian Parenting-**

Also called HELICOPTER PARENTING. Parents of this style tend to have a 1-way mode of communication where the parent establishes strict rules that the child obeys. There is little to no room for negotiations from the child, and the rules are not usually explained. They expect their children to uphold these standards while making no errors. Mistakes generally lead to punishment. Authoritarian parents are normally less nurturing and have high expectations with limited flexibility.



- **Permissive Parenting-**

Permissive parents tend to be warm and nurturing and usually have minimal expectations. They impose limited rules on their children.

Communication remains open, but parents allow their children to figure things out for themselves. These low levels of expectation usually result in rare uses of discipline. They act more like friends than parents.

- **Neglectful Parenting-**

Children are given a lot of freedom as this type of parent typically stays out of the way. They fulfil the child's basic needs while remaining detached from their child's life. An uninvolved parent does not utilise a particular disciplining style and has limited communication with their child. They tend to offer little nurturing while having little or no expectations of their children.



EFFECTS OF PARENTING STYLES ON CHILDREN-

- The children of uninvolved(neglecting) parents are usually resilient and may even be more self-sufficient than children with other types of upbringing. However, these skills are developed out of necessity. Additionally, they might have trouble controlling their emotions, less effective coping strategies, academic challenges, and

difficulty maintaining or nurturing social relationships.

- Limited rules can lead children to unhealthy eating habits, especially regarding snacks. This can result in increased risks for obesity and other health problems later in the child's life. The child also has a lot of freedom as they decide their bedtime, if or when to do homework, and screen time with the computer and television. Freedom to this degree can lead to other negative habits as the parent does not provide much guidance on moderation. Overall, children of permissive parents usually have some self-esteem and decent social skills. However, they can be impulsive, demanding, selfish, and lack self-regulation.

- **Authoritative parenting** results in children who are confident, responsible, and able to self-regulate. They can manage their negative emotions more effectively, which leads to better social outcomes and emotional health. Since these parents also encourage independence, their children will learn that they can accomplish goals independently. This results in children who grow up with higher self-esteem. Also, these children have high academic achievement and school performance.
- Children who grow up with **authoritarian parents** will usually be the most well-behaved in the room because of the consequences of misbehaving. Furthermore, this parenting style can result in children who have higher levels of aggression but may also be shy, and unable to

make their own decisions. This aggression can remain uncontrolled as they have difficulty managing anger as they were not provided with proper guidance. They have poor self-esteem, which further reinforces their inability to make decisions. Strict parental rules and punishments often influence the child to rebel against authority figures as they grow older.

So let's take a moment and think what Parenting Style you have adopted for your little ones and what changes you want to bring in your Parenting Styles, if any!!

Let's learn and bond together!

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