

Parenting Style

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There is no one right way to parent. We all make compromises each day that juggle the concrete short-term needs of the day with long-term goals for our child, balanced with our child's temperament and our own. Having a vocabulary for talking about our parenting style can help us make more intentional choices that can guide us toward becoming the type of parent that we want to be.

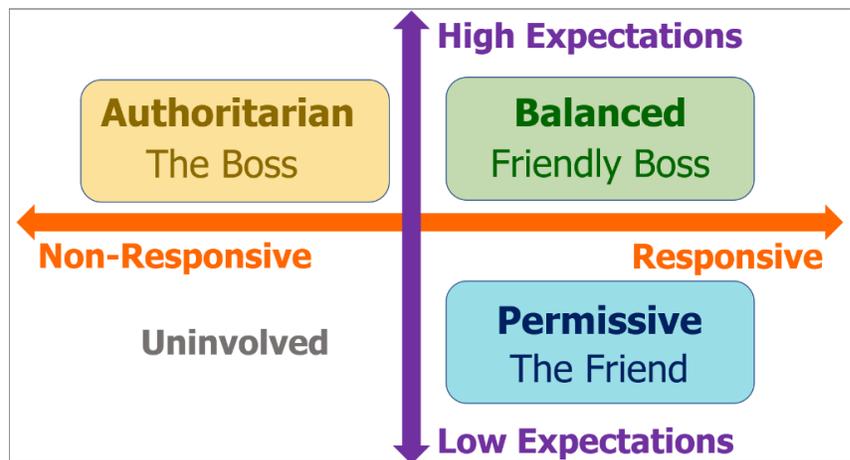
What's your parenting style?

Parenting styles are often talked about as a continuum. Or as four categories.



An authoritarian parent is the Boss. They have lots of rules and expect the child to be respectful, obedient and well behaved. They believe that children don't want to work so need to be pushed to work hard to be successful.

A permissive parent (the Friend) may value independence and imagination. They may offer a lot of choices and prioritize their relationship and the child's happiness over accomplishments.



The "balanced" parent (aka authoritative or democratic) seeks to find a balance point. They have high expectations for their child (these could be in any area: wanting the child to excel in school, or music, or athletics, or religious practices.) However, rather than having inflexible rules, they may try to be more responsive – for example, saying something like "I want you to learn that you have to work hard to get good at something – but you can choose what sport or what instrument you want to work hard at." Or "I expect you to do well in school – as long as you are, you can choose your extracurriculars." Or "I know you had a hard week and need to rest – I can do your chores today."

There are variations on all parenting styles, of course. For example, a parent who is more responsive than a pure authoritarian could be called a "tough love" parent. You will find your own unique balance. And different kids, and different moments in time, need different parenting styles. For example, if your child is currently meeting expectations, you might be able to relax into a permissive parenting style. If they're not doing well, you might need to be more authoritarian for a while.

Questions to Reflect On:

What style of parent do you WANT to be?

What type of parent *are* you on a day when you're tired or sick or busy?

Are you the same style as your parenting partner? Or different? How is that going?

Are you the same style of parent that YOUR parents were? Or are you very different? Why?

More Info: <https://gooddayswithkids.com/?s=parenting+style>