



## Parenting Styles

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The ideal situation is for parents to get to know their children and to adjust their parenting style to fit the child's temperament. Parenting is not one size fits all. It is based on the goodness-of-fit model. Accordingly, Thomas and Chess developed parent-guidance intervention that is designed to help parents interact with their child in ways consistent with the child's temperament.

**Parenting styles** also have a powerful influence on personality development. Baumrind has presented one of the most widely-cited frameworks for understanding the impact of parenting on development.

**Authoritarian parents** exhibit a high degree of demandingness and low responsivity; they impose absolute standards of conduct, stress obedience, and use power assertive techniques (e.g. physical punishment, threats, and deprivation) to gain compliance. Their offspring are often irritable, aggressive, and dependent and have a limited sense of responsibility and low levels of self-esteem and academic achievement.

**Authoritative parents** combine rational control with responsivity. Although they set clear rules and high standards for their children, they rely on inductive techniques (reasoning, praise, explanations) to gain compliance, and they encourage independence. The offspring of authoritative parents tend to be assertive, self-confident, socially responsible, and achievement-oriented and often obtain high grades in school.

**Permissive parents** are warm and caring but make few demands and are nonpunitive. Their children tend to be impulsive, self-centered, easily frustrated, and low in achievement and independence.

**Rejecting-neglecting parents** exhibit low levels of responsivity and demandingness, and they may be overtly hostile toward their children. Offspring of these parents have low self-esteem and are often impulsive, moody, and aggressive. Note that the characteristic of rejecting-neglecting parents resemble those predictive of juvenile-delinquency - i.e., the research has found that parental lack of supervision and inconsistent (or harsh) punishment are highly correlated with adolescent delinquency and involvement with antisocial friends.

- When you discipline your children, you want them to feel bad about their misbehavior but good about themselves.
- The more children like themselves the more they like to behave themselves.
- The best way to get your children to listen is to listen to them.
- Have you hugged your child today?
- Goals begin behaviors. Consequences maintain behaviors.