



## Parenting Styles

Have you ever wondered about who you want your child to be at the age of 25? Even if your children are young, it's really important to step back as a parent and think, "Are the things that I'm doing right here, right now, making a difference and building skills that I want my child to have at 25?" When you have a cooperative partner, it is much easier to coordinate your parenting styles. As much as possible, it is very important to present a united front to the child. It will cause less stress to the child, help them show consistency with a stronger sense of expectation.

Let's take a look at a few tips for putting forward a unified front as parents:

**(a) Discuss with your partner about your own experiences with parenting.**

Help each other understand the unique experiences that framed your beliefs about parenting today. Identify common goals and how you can achieve them together.

**(b) Create a list of house rules.**

Parenting as a team requires both partners to be on the same page about what is acceptable behaviour in the house.

**(c) Develop a list of consequences.**

It is very important to reinforce good behaviour and have consequences for unacceptable behaviour. Parents must execute the consequences uniformly, to bring about consistency in the child.

**(d) Support any snap decisions made by your partner.**

There will be times when your partner rolls out consequences or makes decisions without discussing with you. It is very important that you stay calm when this happens, especially in front of the child. You can later have a conversation with your partner about the same.

**(e) Consider your parenting styles.**

It's important to recognize that you're not always going to parent the way your parent did. So, let's take a look at the different types of parenting styles:

### Authoritarian Parenting Style

Authoritarian parenting is fear based parenting. In such a family, children are expected to obey. Parents make all the rules, and children have absolutely no voice in the rules. It's a 'my way or the highway' kind of parenting. Parents feel superior to the children.

### Democratic Parenting Style

This is where the entire family is respectful. Adults set the boundaries with the input of children. Such a parenting style gives them a voice and a say. In a democratic family, all

members of the family have a voice and all members of the family learn to solve problems together. This really teaches children how to work cooperatively with others.

### Permissive Parenting Style

In such a family, children make the decisions and feel superior to their parents. Parents give a lot of freedom to children, which is most often misused. Boundaries are not drawn clearly.

### How does this affect children?

So, if you are an authoritarian parent, your child could become aggressive. When children are always told what to do, at some point, they will want to fight back. Passive children on the other hand, could become more sneaky and could actually go into their shell. They may be reluctant to share things with you. If you're comm, your child will demand healthy respect from others. They will generally be more responsible and aware of their own behavior, which could make life much easier for you. There's very little for you to do as a "parent". You still need to parent them, but they will be able to make choices independently and take on responsibility without constant reminders. Children of permissive parents, expect to control their home. They may not respect boundaries and rules set by parents.

Democratic parenting is considered as the healthiest form of parenting as it has a number of benefits. This style of parenting moulds children who are confident and highly assertive. They are able to regulate their own behaviour, make decisions and are able to trust others. They are socially responsible, less likely to become victims of peer pressure, and go on to achieve many things in life.

Authoritarian parenting, on the other hand leads to low self-esteem in children as they remain highly dependent on others to make decisions. Their power of rational thinking remains undeveloped with poor social skills and difficulty with adjustment. They are emotionally dependent on others. In school, they will find it difficult to concentrate and show average performance.

Permissive parenting will produce children who are very confident, but less responsible. They are also impatient and impulsive, with a tendency to become arrogant. They will always expect others to follow what they say and agree to their decisions. This can cause adjustment issues and a lack of cooperation with peers. In school, they are less likely to take an interest in academics as they feel they are already playing adult roles.

The preferable type of parenting is the democratic style as it is most likely to cultivate habits of responsibility and cooperation among children.

With best wishes,  
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