



Parenting Styles

Permissive

Allows child freedom and choice due to parents finding it difficult to say no. Can be considered indulgent and lacks clear boundaries. High emotional connection. Later in life, child may have difficulty taking personal responsibility.

Uninvolved

Allows child lots of freedom and choice with few/poorly enforced rules and boundaries. Lacks emotional responsiveness. Later in life, children at risk for substance abuse and poor school performance

Balanced

Tends to be most healthy. Involves a balance of child independence and parental control. Discipline is consistent and fair.

Overbearing

Referred to as authoritarian. Highly demanding of child and has high expectations. Includes high levels of closeness due to need for control. Later in life can lead to low self-esteem and anxiousness.

Strict

High desire for predictability and order, with firm discipline. Differs from overbearing by low emotional connection to child. Later in life, teens may be more at risk for substance abuse.

Parenting Styles

What parenting style did you grow up with?

How do you think your parents could have improved?

Discussion Notes

If you would like to know your parenting style, you can take the quiz at:

<https://activeparenting.com/for-parents/parenting-quiz/>

