

## **The 4 types of parenting styles: What style is right for you?**

[The 4 types of parenting styles: What style is right for you? - Mayo Clinic Press](#)

### **4 Parenting Styles:**

There are four main parenting styles: authoritarian, authoritative, permissive and neglectful. You don't have to commit to one style. It's natural to use different styles in different situations. When safety is at stake, a parent might use a firm authoritarian style that leaves no room for negotiation. But a parent might put the consequences on hold and lean into a permissive approach to encourage a teenager to call for help if they put themselves in a dangerous situation.

"As parents, we are all doing the best we can each day," Mulholland says. "Our intentions are always good, but we struggle to execute depending on our own capacity in the moment. Give yourself a break as a parent and recognize your own limits. All the advice in this article is for when you are your very best self, not necessarily something you can implement all the time."

Here's a look at each of the four styles.

### **Authoritative parenting style:**

Authoritative parenting is often considered the ideal style for its combination of warmth and flexibility while still making it clear that the parents are in charge. (3) Children of authoritative parents know what is expected of them. Their parents explain reasons for the rules and consequences for breaking them. Parents also listen to their child's opinions, but the parent remains the ultimate decision maker. Authoritative parents develop close, nurturing relationships with their children. Children with authoritative parents tend to grow up confident, responsible and capable of managing their emotions. They are also friendly, curious and achievement oriented.

### **What is an example of authoritative parenting style?**

One place where parenting style shows is at mealtimes. Authoritative parents have more family meals where the parents model eating behaviors — rather than imposing strict restrictions. The parents will include the children in meal preparation. Perhaps the child will choose what's for dinner one night a week or choose the side dish. Research shows that children of authoritative mothers have a high quality of diet and eat more fruit than children from different parenting styles.

### **Permissive parenting style:**

Permissive parents might pride themselves on being their child's best friend. These parents are warm and nurturing with open communication. They are actively involved in their children's emotional well-being. They also have low expectations and use discipline sparingly. Permissive parents let children make their own choices but also bail them out if it doesn't go well. Children of permissive parents have the freedom to make decisions like what to eat, when to go to bed and whether to do their homework. These children tend to have good self-esteem and social skills. But

they can be impulsive, demanding and lack the ability to self-regulate. (1) Permissive parents often try to control their child's environment, so the child doesn't have to experience rejection or failure. This means the child might enter adulthood unprepared.

#### **What is an example of permissive parenting style?**

When it comes to food, permissive parents might have lax rules. They allow the children to choose what they want, even if that means the parents make a special meal. This could lead to picky eating and unhealthy diet choices. Permissive parenting is associated with lower fruit and vegetable intake. It may also result in inexperience in trying new things or going with the flow and difficulty in social settings involving food.

#### **Authoritarian parenting style:**

Authoritarian parenting uses strict rules, high standards and punishment to regulate the child's behavior. Authoritarian parents have high expectations and are not flexible on them. The children might not even know a rule is in place until they're punished for breaking it.

Children of authoritarian parents are good at following instructions and behave well. However, these children might grow up with a fear of punishment and lack experience making their own decisions. As a result, some might become aggressively rebellious, lack social skills and may have difficulty making sound decisions on their own.

#### **What is an example of authoritarian parenting style?**

At mealtimes, authoritarian parents might enforce rules, such as the children eating the same meal as everyone else or finishing everything on their plate. However, the family is unlikely to discuss why they eat certain foods and how they fit into their culture or affect a child's health.

#### **Neglectful parenting style:**

Neglectful parents fulfill the child's basic needs but then pay little attention to the child. These parents tend to offer minimal nurturing and have few expectations or limitations for their child. It's not always a conscious choice parents make, but can be forced by circumstances, such as the need to work late shifts, single parenting, mental health concerns or overall family troubles.

Children of neglectful parents usually grow up to be resilient and self-sufficient out of necessity. They might have trouble controlling emotions or don't develop effective coping strategies and they have difficulty maintaining social relationships. They tend to have low self-esteem and might seek out inappropriate role models.

#### **What is an example of neglectful parenting style?**

Parents who are uninvolved might not buy groceries or plan meals consistently. That could leave the child concerned about when they will eat next. It can lead them to become preoccupied with food. Children who had neglectful parents often overeat when food is available and may become overweight. But these children often have an easier time leaving home when it's time.

Between Families Newsletter

**The 4 types of parenting styles: What style is right for you?**

Please complete the following questionnaire

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**True/False:**

1. True or False: Authoritative parents are typically warm and flexible but also maintain clear authority over their children.
2. True or False: Permissive parents are known for having strict rules and high expectations for their children.
3. True or False: Neglectful parenting always results from parents not caring about their children.

**Multiple Choice:**

Which of the following is a characteristic of authoritarian parenting?

- A. High warmth, low control
- B. Strict rules and punishment
- C. Open communication and flexibility
- D. Minimal involvement in the child's life

What is a common result of permissive parenting?

- A. Children are always obedient
- B. Children have difficulty with self-regulation
- C. Children are emotionally detached
- D. Children are highly independent and self-sufficient

What parenting style is most likely to include children in meal preparation and decision-making?

- A. Authoritarian
- B. Permissive
- C. Authoritative
- D. Neglectful

Children of neglectful parents tend to:

- A. Always follow rules without question
- B. Be socially outgoing and confident
- C. Have trouble with emotional regulation and relationships
- D. Be highly dependent on their parents

**Fill in the Blank:**

\_\_\_\_\_ parenting is considered ideal because it combines warmth, flexibility, and clear boundaries.

Permissive parents often avoid \_\_\_\_\_, which can lead to their children struggling with responsibility.

Neglectful parents may not consistently provide basic needs like \_\_\_\_\_, leading children to become preoccupied with food.

### **Answer Key:**

#### **True/False:**

1. True or False: Authoritative parents are typically warm and flexible but also maintain clear authority over their children.

Answer: True

2. True or False: Permissive parents are known for having strict rules and high expectations for their children.

Answer: False

3. True or False: Neglectful parenting always results from parents not caring about their children.

Answer: False

#### **Multiple Choice:**

Which of the following is a characteristic of authoritarian parenting?

- A. High warmth, low control
- B. Strict rules and punishment
- C. Open communication and flexibility
- D. Minimal involvement in the child's life

Answer: B. Strict rules and punishment

What is a common result of permissive parenting?

- A. Children are always obedient
- B. Children have difficulty with self-regulation
- C. Children are emotionally detached
- D. Children are highly independent and self-sufficient

Answer: B. Children have difficulty with self-regulation

What parenting style is most likely to include children in meal preparation and decision-making?

- A. Authoritarian
- B. Permissive
- C. Authoritative
- D. Neglectful

Answer: C. Authoritative

Children of neglectful parents tend to:

- A. Always follow rules without question
- B. Be socially outgoing and confident
- C. Have trouble with emotional regulation and relationships
- D. Be highly dependent on their parents

Answer: C. Have trouble with emotional regulation and relationships

**Fill in the Blank:**

\_\_\_\_\_ parenting is considered ideal because it combines warmth, flexibility, and clear boundaries.

Answer: Authoritative

Permissive parents often avoid \_\_\_\_\_, which can lead to their children struggling with responsibility.

Answer: Discipline

Neglectful parents may not consistently provide basic needs like \_\_\_\_\_, leading children to become preoccupied with food.

Answer: Meals or food