

## Parenting Styles

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## Introduction

One of the common questions in the minds of parents or even those who are aspiring to become parents in the future entails the type of parenting style that they will use when bringing up their children as they want to ensure that they bring up children the right way. In that view, it can be noted that there exists a variety of parenting styles that are used by parents all over the world. This specific paper focuses on the subject of parenting style and explains in detail the different types of parenting styles that exist. Nevertheless, prior to delving into the various types of parenting styles, a definition of what parenting style entails is provided.

### **What is parenting Style**

As explained by Spera (2005), parenting style entails a psychosomatic concept that symbolizes the normal approaches or methods that are used by parents in child rearing. On another perspective, Baumrind (1991) who has also contributed on the subject of parenting style has noted that parenting is more vital and plays an important role than even the amount of time that a parent spends with the child. The reason for that is due to the fact that there is a possibility that even spending time with the child does not necessarily imply that the parent is having any impact on the life of the child as the parent might just be physically there but not actually interacting with the child at all. From such views, a parenting style can be explained to be a representation of how parents react and require from their own children. Moreover, as mentioned by Spera (2005), it is crucial to understand that parenting practices comprise of the specific

behaviors, while on the other hand parenting styles encompasses wider approaches of parenting methods and practices.

### **Types of parenting styles**

#### **Authoritative parenting style**

Just as the name suggests, authoritative parenting style entails parents who are very demanding and at the same time responsive. Mainly, authoritative parenting style is normally linked with a method that is mainly child focused and tends to have very high expectations of maturity. As a result, the parents who use this type of parenting style are said to be well positioned to have a better understanding of the feelings of their children and are capable of advising their children on how they can be able to control their feelings. Even though the parents using authoritative parenting styles expect their children to exhibit a lot of maturity, the parents normally forgive the children when they do something wrong. Moreover, when the children have some problems, the parents always assist their children in ensuring that they effectively address the problems that they might be facing (Strassen, 2011).

One of the main objectives that parents who use authoritative parenting style is to ensure that they empower the children to be self-governing even though there are some restrictions pertaining to the extent to which the children are allowed to be independent. It is common for the authoritative parents to give extensive advice to the children even though the children are not mandated to comply with the advice given

mainly due to the fact that the children are given the freedom to decide whether they think the advice is ideal for them or not (Hamon and Schrodt, 2012).

Authoritative parenting style can thus be explained to mainly rely on regular and effective communication between the parent and the child. Indeed, parents who want to use authoritative style to bring up their children have to ensure that they cultivate open communication with the children. The reason why that is the case is due to the fact that if a parent is able to speak to their child without judgment or rebuke, the parent has a better chance of having an insight into the life of the child (Hamon and Schrodt, 2012).

### **Authoritarian parenting style**

As expounded on by Santrock (2007), authoritarian parenting style entails parent who happens to be demanding even though is not responsive at all. Indeed, it can be argued that it is from that view that Wahler and Williams (2010) have discussed that parents using authoritarian parenting style are normally restrictive and tend to punish their children a lot when the children fail to follow what they have instructed them to follow or do. Moreover, Santrock (2007) noted that authoritarian parents are not really keen on negotiations or discussions on orders that they give and expect their children to follow them with no questions been asked while failure to follow the orders results to the children been heaving punished.

The punishment that is usually used by the authoritarian parents in situations where the children are thought to have disobeyed the parent mainly comprises of corporal punishment and talking down that mainly entails the parent shouting and

been dismissive of the behavior or actions of the child. Mainly, authoritarian parenting style is intended at ensuring that the child; is well taught on how to he/she should behave in different situations in life, The goal of this style, at least when well-intentioned, is acquainted on how to survive in life, and has all the knowledge and skills that are required in order to ensure that the child will be able to flourish in the modern world that has many heartbreaks and other numerous negative things in life. Apart from that, supporters of this type of parenting are mainly of the opinion that when faced with hostility in life, the child will be able to handle the situation on his own (Stassen, 2011).

As explained by Stassen (2011), authoritarian parenting has distinguishing impacts on children who are brought up with this type of parenting. One the distinguishing impacts of authoritarian parenting on the child is that the child brought up under this type of parenting style can have minimal social ability due to the fact that that the child grows up having to follow what the parent say rather than the child been afforded the choice to choose what he/she wants to do in various situation due to the fact that fact that the child grew up under the direct control of the parent. Apart from that, another impact of this type of parenting style is that the children who grow up under the rule of authoritarian parents tend to be high obedient and conformist and normally not very happy as they are of the view that their opinions are not respected. As a result, those behaviors might even end up been exhibited by the children when they become adults. Moreover, those brought up under this type of leadership might struggle to relate with others as they happen to be less exposed to accommodating

different views and opinions as they grow up adhering to whatever their parents ordered them to do.

### **Indulgent parenting**

Lancaster, Altmann and Sherrod (2010) have explained that in indulgent style of parenting, the parent tends to be reactive even though not demanding. On the other hand Strassen (2011), discussed that indulgent parenting that is also known as permissive parenting, non-directive parenting or lenient parenting tends to have minimal behavioral anticipations for the child due to the fact that even though the parents using this type of parenting are intensively involved with the children, the parents have minimal or no control to the children.

Indulging parents are fostering and accepting, and tend to be highly reactive to the needs, wants and wishes of their children. Nevertheless, despite meeting the needs and wants of the children, indulging parents have no expectations on how their children behave. As a result, the children tend to grow and become adults not been used to opposition of their behaviors or actions as their parents never opposed their actions when they were growing up. Consequently, it is common to find such adult having issues with other people as they will have little attention to the type of impacts that their behaviors have on other and might have to address aggression issues as many people might not be happy with their behaviors and actions (Strassen, 2011).

Instead of the indulging parents playing their parental role, the parents tend to be friends and companions with their children. As a result, the children have minimal

expectations from their parents and there is very little discipline and respect if any. The child is normally given the choice to choose whatever he/she wants and the only thing that the parent can do is to give advice as a friend and leave the child to decide on what to do in certain situations where decisions have to be made. The parenting given is thus very laidback as there are minimal rules or punishments if any. In case the child happens to be in need of something, the indulging will happily give whatever the child wants so that the child can have more appreciation of the parent. On the other hand, there are some permissive parents who aim at affording their own children whatever they believe they missed during their childhood and as a result, the children are given a lot of freedom as well as other items that the parents never had during their childhood (Strassen, 2011).

From a study that was carried out by Baumrind (1991) that focused on the impacts that different types of parenting styles have on the school going children, the scholar found that children who had been brought up under the indulgent parenting style were the ones who were; badly behaved in school, displayed a lot of immature behavior in school, and were the most irresponsible children in the school. On the other hand, in case of teens who were brought up under the indulgent parenting style, it has been found that; the teens are more likely to get involved in substance and alcohol abuse since they did not have any advice from their parents regarding the negative impacts that alcohol can have on their lives, and they have high chances of been diagnosed with lifestyle diseases as they are normally free to do whatever they want to

do with their parents not been opposed to do whatever they wish to do but instead offers them support (Brigham Young University, 2015).

As discussed by Strassen (2011) and other numerous scholars, indulgent parenting style has always been criticized as it is alleged that even if it results to a child having a better life during the childhood period as the child has whatever he/she wants, it in the long run has negative impact to the individual once the individual becomes an adult and cannot have everything that he/she wants in life. Thus, it can be pointed out that it is very crucial that a lot of caution is exercised when bringing up a child under this type of parenting.

### **Neglectful Parenting**

Neglectful parenting as explained by Delisle (2013) involves a parent who can be explained as neither been reactive, nor demanding. According to Delisle (2013), neglectful parenting that can also be referred to as detached, flippant or hands-off parenting entails the parents having minimal control in their children's lives and in case there is any reaction to the child's needs and wants, it also tends to be very low. As a result, neglectful parenting can also be explained to entail the parents dismissing the opinions and emotions of the parents. Nevertheless, that should not be mistaken to imply that the parents are not emotionally supportive to their children since the parents do indeed ensure that the children have access to the basic needs. Some of the common reasons as to why the parents might end up been considered as been neglectful parents might be due to; the parents prioritizing their needs before the needs of the children, the

parent lacking encouragement on their role as parents, parents having some financial stress, and parents been addicted to harmful substances such as drugs and alcohol.

In most cases, the children who are brought up by parents who are neglectful tend to have the opinion that they are not of any importance as there are some aspects that seems to be more important than them hence the reason they are been neglected by their parents. As a result, the children ends up attempting to provide for themselves or stop relying from their parents as they get to believe that they might be of no importance in view of their parents hence they have to start providing for themselves even if they are of very young age. Due to the conflicting views, the parents and the children find it hard to have similar views and opinions and it ends up been very difficult for the parents and the children to agree on anything. The children due to the feeling that they are neglected might withdraw from social situations and may want to spend time on their own with no contact with their parents at all. Consequently, the distressed connection tend to have various impacts to the child's life and it is not a surprise to find that by the time a child who has been brought up through neglectful parenthood is attaining adolescence, the child will start exhibiting truancy (Delisle, 2013).

### **Other types of parenting**

Even though neglectful parenting, indulgent parenting, authoritarian parenting and authoritative parenting styles are the four most common parenting styles that have been discussed by different scholars in great details, it can be noted that there are other

types of parenting styles that are less popular. In this section of the paper, those parenting styles will be expounded upon.

### **Dolphin Parenting Style**

As the name of the parenting style suggests, dolphin parenting style entails a parenting approach that is similar to the parenting that is used by dolphins. Indeed, in this case, just as is the case with the dolphins, the parents tend to be playful, jovial, social and intelligent with their children. This approach has been discussed by some scholars has been ideal due to the fact that it is not quite tough and it is not very soft. Indeed, parents that use this approach are not overprotective on their children thus implying that the children grow up as been responsible children (Berl, 2013).

### **Over parenting style**

As explained by Jackson (2010), there are some parents who at times try to ensure that they are involved in almost everything pertaining to their children's life. Indeed, some of the parents will even go to the extent of determining the children that their child will befriend among been involved with other things. In such situation, that parenting style is commonly referred to as over parenting style since the parents become too much involved in the life of the child (Jackson, 2010).

Over parenting approach as explained by Jackson (2010) even though can be considered as been ideal in helping some of the children who are exposed to certain risks can have major negative impacts to the child. For example, Jackson (2010) explained that a child who has been brought up with this type of parenting will

struggle to act on his own or solve some of life issues encountered on their own since the child has grown up with the parents on his side and has always had the parents helping address issues when they emerge. However, when the child grows up and no longer has the parent on his side, the person might find it hard to cope on his own (Jackson, 2010). According to Jackson (2010) the availability of mobile phones as well as other technological revolutions such as social media platforms are some of the aspects that have resulted to the increased cases of over parenting in the 21<sup>st</sup> Century.

### **Conclusions**

In conclusions, it can explained that as has been discussed in this paper, there are different types of parenting and each parent will choose a type of parenting style that he/she thinks it is the best suited approach for the child that the parent is bringing up. Therefore, it is wrong for anyone to criticize a parent for using a certain type of parenting style since the fact that the parent has seen that type of parenting style to be ideal to the child means that it should be the ideal approach to bring up the child. However, there is a need for parents to be acquainted with the different types of parenting and ensure that they have a clear understanding of the advantages and the disadvantages of the various types of parenting so the parents will not regret in the future when their children grow up since it is common for various parents to only wish if they had another chance to bring up their kids as they clearly state that they would use different parenting style.

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