



Presented by BU Happiness College

# Parenting Styles

[WWW.BUHAPPINESSCOLLEGE.COM](http://WWW.BUHAPPINESSCOLLEGE.COM)



There is no such thing as a perfect parent





There is about 60 years of evidence that there is a right way to parent. Actual science. Decades of it. All saying the same thing and for the most part it seems to cross cultural, racial, religious, language, and other boundaries. It doesn't change with time.

In the 1950's a researcher named Earl Schaefer identified 3 things that parents must do to improve their likelihood of raising children well. These three practices (or dimensions) are that parents should ensure they show:

1. acceptance of their child rather than rejection of their child;
2. firm behavioural control instead of lax behavioural control; and
3. psychological autonomy where their child has a sense of volition over their life, which he argued was preferable to psychological control by the parent over the child.

Schaefer argued that this is the right way to parent, and that the best parents would be accepting, firm in their control, and give their children psychological autonomy - or the ability to think and make decisions for themselves.

- Justin Coulson Happy Families



# Demandingness VS Responsiveness

In the 1960's, the world's most famous parenting researcher, Diana Baumrind, developed Schaefer's ideas further and started measuring child outcomes based on how parents practiced these three habits.

## **RESPONSIVENESS**

(nurturing & warm)

Low

High



## **DEMANDING**

Low

High



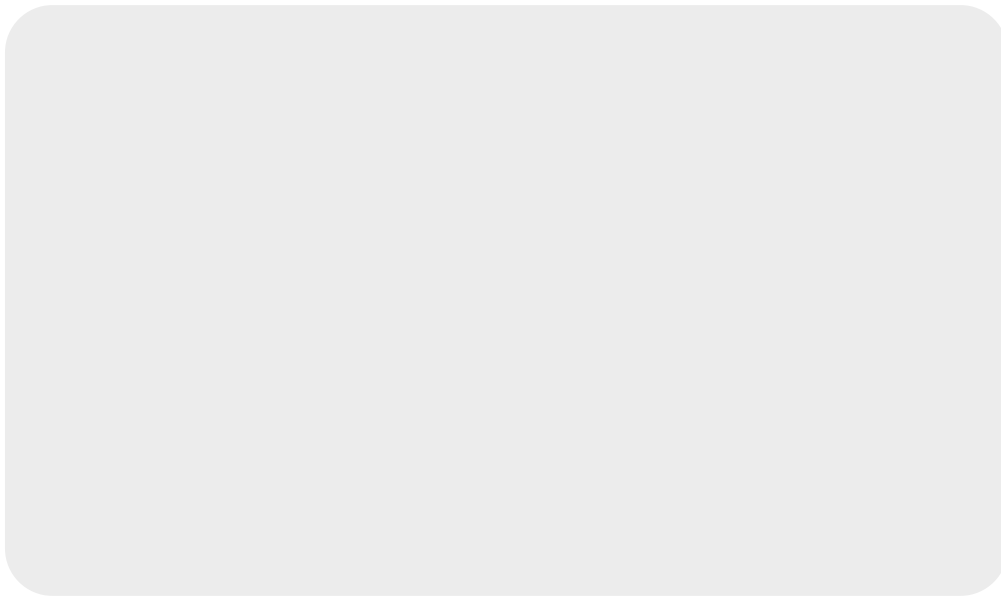
**Notes:**



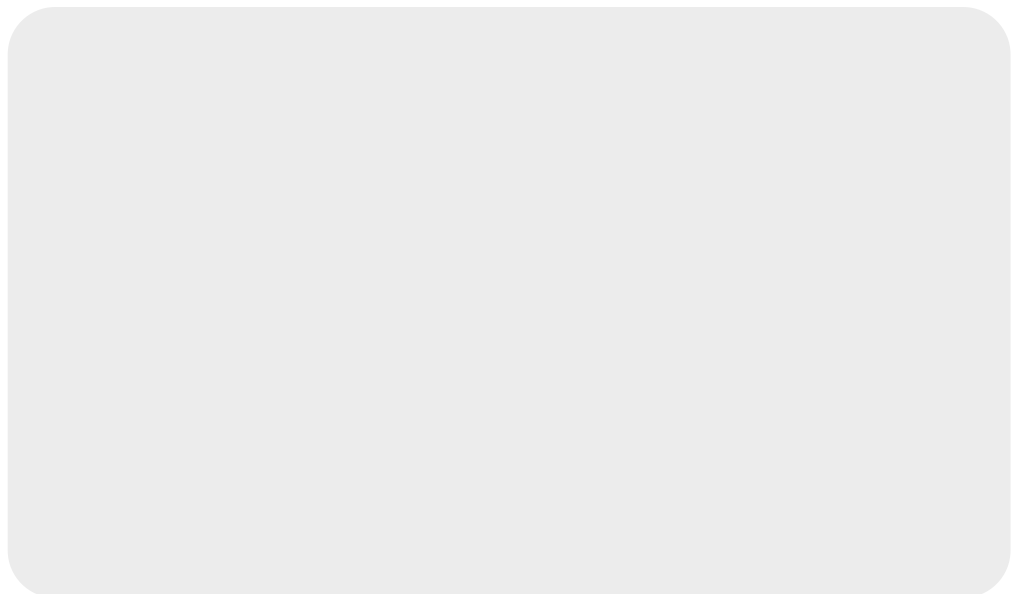
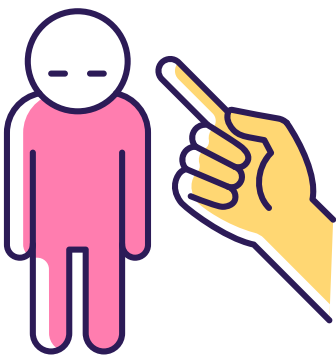
# Autonomy Supportive Parenting Over Control

As author, Alfie Kohn, describes, adding autonomy support to the conversation takes us away from “doing things to” our children, and focuses us on “working with” our children.

## Autonomy Support:

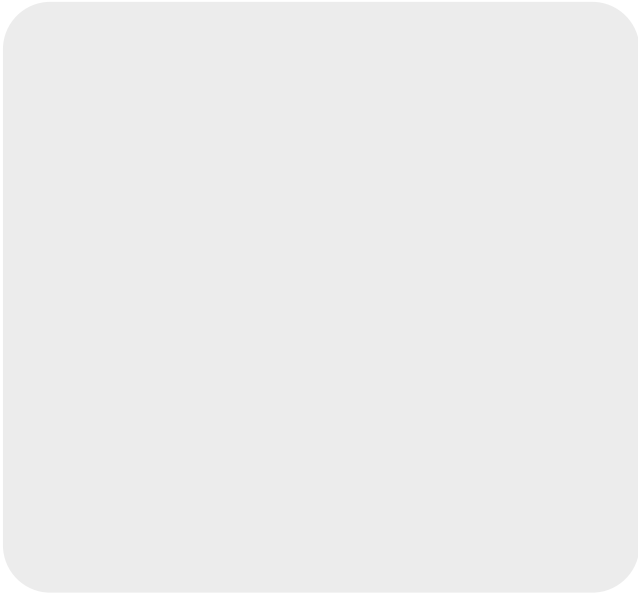


## Control:

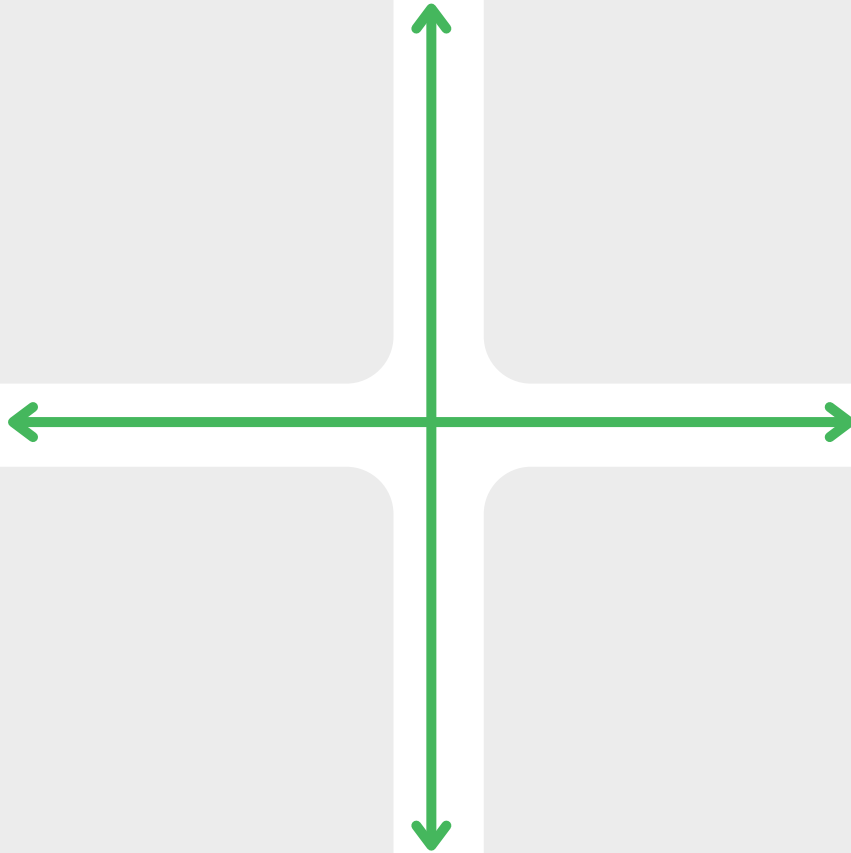


# 4 Types of Parenting

Authoritarian



Authoritative



Neglectful

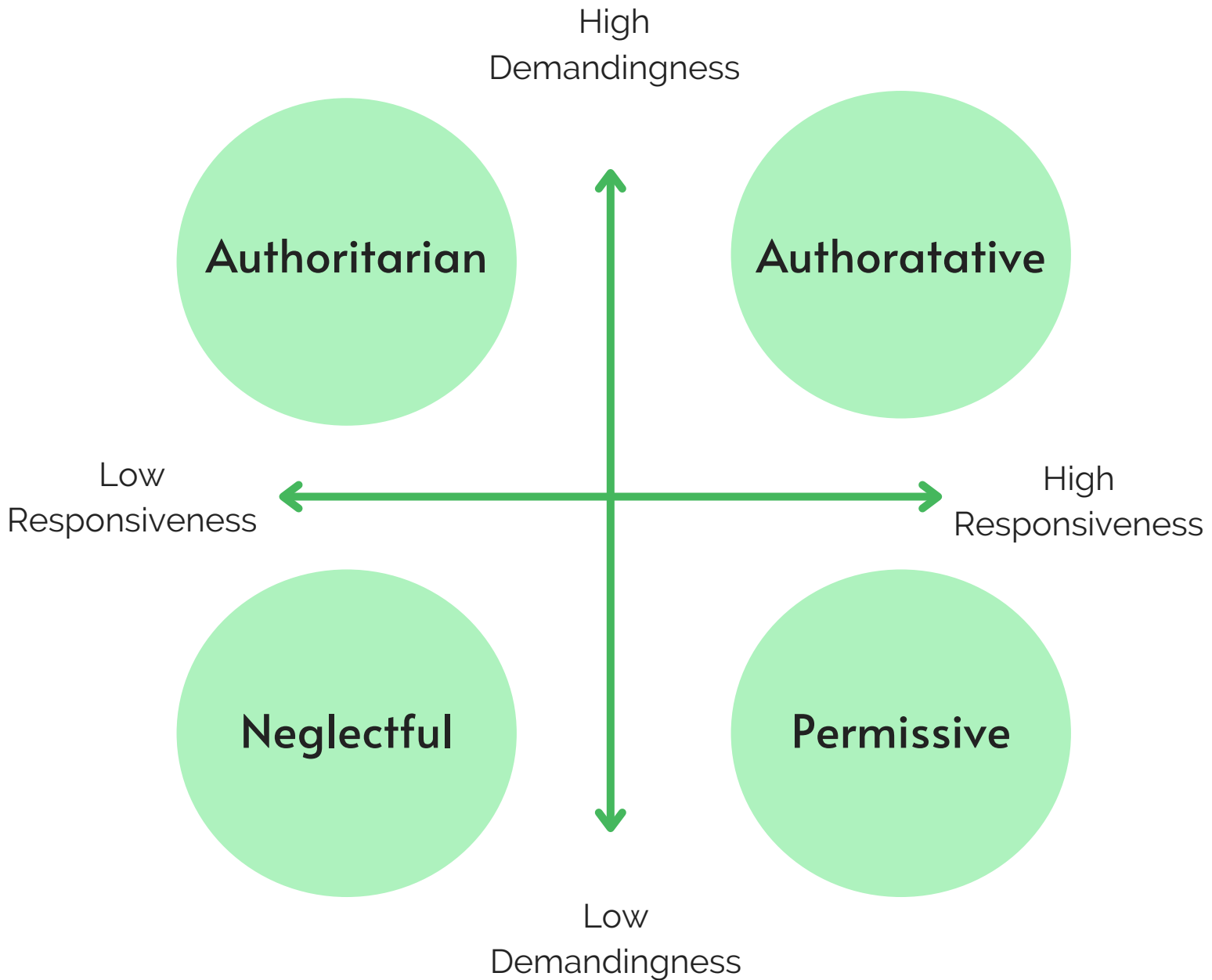


Permissive



# 4 Types of Parenting

## Low/High & Demandingness/Responsive





# 3 Steps Forward

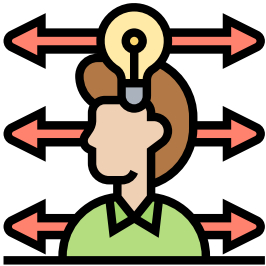


## 1 Journaling:

Journal on the potential style your parents or care givers parented you under. How did this impact you & what can you see worked/didn't work. How will you grow from this?

## 2 Practice Flexible Autonomy with yourself & with your children.

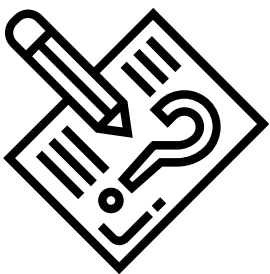
As you have learnt tonight about the 4 broad categories, you now have an opportunity to choose how you'd like to reparent yourself and parent your children moving forward. Look for opportunities in your life where you can practice actively listening and being responsive.



## 3 Try out the parenting quiz:

<https://www.happyfamilies.com.au/parenting-styles>

If you are a parent, take the quiz as the parent of a child. If you do not have kids, think about you as the child and how you were parented from what you can remember.



A photograph of a person with dark hair, wearing a dark shirt, sitting and writing in a spiral notebook with a pen. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...

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