

PARENTING STYLES

CONTROLLING / DEMANDING

These parents typically

- Place too many demands on their child(ren)
- Have expectations of their child(ren) that are too high
- Give consequences that are too harsh or unrealistic
- Insult or belittle their child(ren)
- Appear threatening to their child(ren)
- Allow their child(ren) minimal freedom

These children often rebel against their parents or will retreat (or escape) through a variety of potentially harmful means i.e., alcohol, drugs, running away. They tend to have anxiety about social situations and have a low self-esteem.

APPREHENSIVE / PERMISSIVE

These parents typically

- Place little or no limits on their child(ren)
- Allow their child(ren) to "run" the family
- Fail to give or follow through with consequences
- Fail to enforce rules
- Give in to tantrums, arguments, or begging from their child(ren)
- Maintain little or no structure
- Lack involvement in their child(ren)'s life

These children typically grow up "doing as they please" and have a difficult time with self-control and interpersonal relationships as they get older.

ASSERTIVE / DEMOCRATIC

These parents typically

- Give their child(ren) choices whenever possible
- Set firm and reasonable limits on their child(ren)
- Give consequences that are situation-specific
- Make the rules clear and enforce the rules
- Are involved in the daily life of their child(ren)
- Show appropriate affection and are nurturing and supportive

These children tend to be more well-adjusted and are able to handle social situations more effectively. They become socially responsible and have a higher self-esteem.