

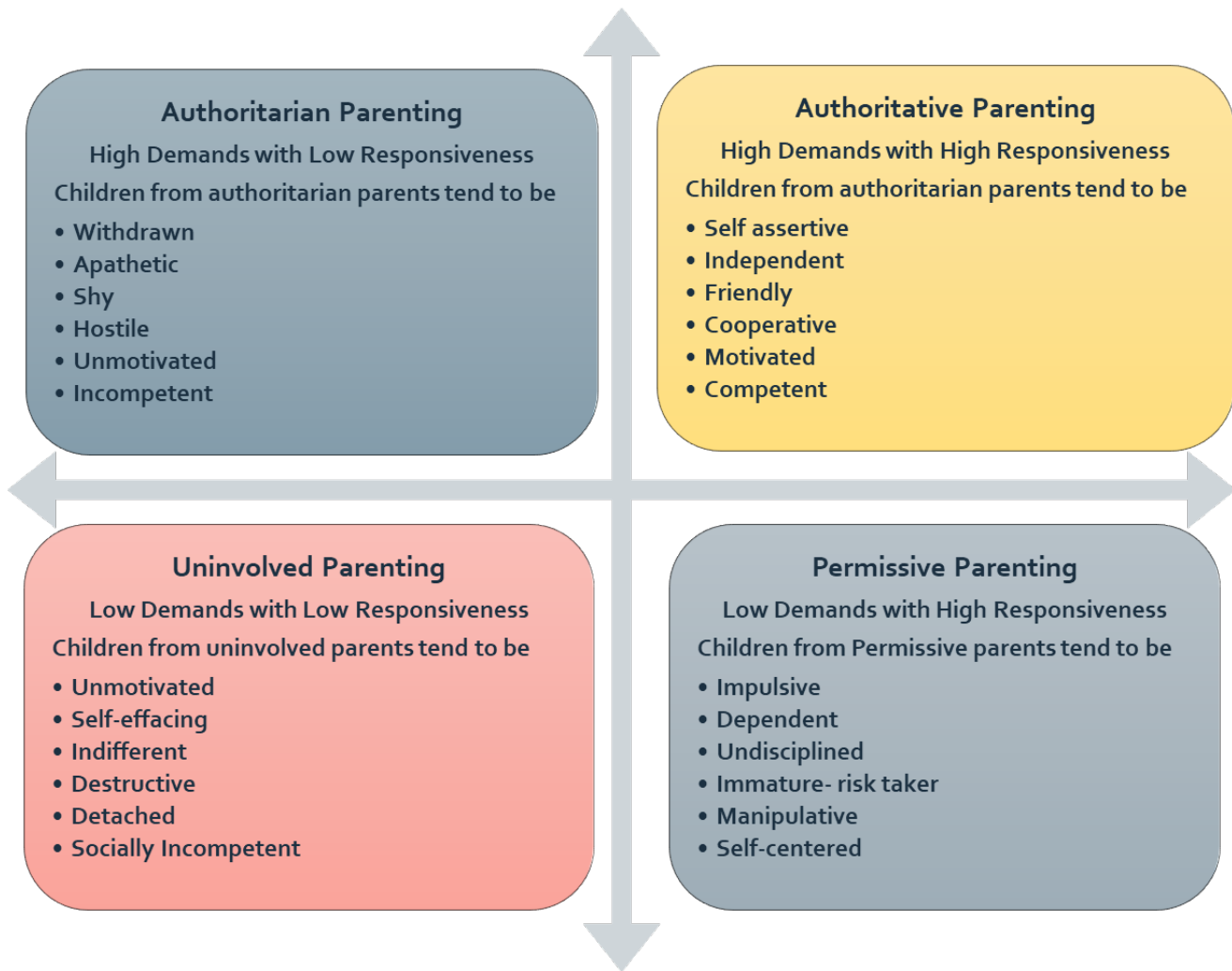


## What's Your Style?

The way we parent can be as varied as snowflakes in the winter and there are numerous factors that impact our style of parenting. Some factors are obvious, while others can be subtle. We are most highly influenced by the way our own caregivers parented us, we can also be influenced by culture, our own temperament, personality, and emotions. Our parenting styles can also be impacted by our child's behavior and when mental health disorders enter the equation, parenting with balance and regulated emotions can be a challenge.

Mental Health professionals recognize four main parenting styles, and each style has associated outcomes in the children whose parents utilize them. The four identified styles are authoritarian, authoritative, permissive, and uninvolved. No one style is inherently right or wrong, but we want to focus on the style that provides the best outcome for all!

- ★ **Authoritarian:** In this style of parenting, children are expected to follow strict rules established by the parent(s). Failure to follow these rules typically ends in some sort of punishment. Authoritarian parents usually don't explain the reasoning behind these rules, which generally leads to children who are obedient and proficient, but have lower levels of happiness, social skills, and self-esteem.
- ★ **Authoritative:** In this style of parenting, children are still expected to follow rules established by the parent(s), however, the difference between authoritative and authoritarian parenting styles is that authoritative parents tend to be more democratic. They are typically responsive to their children and willing to listen to questions. When children fail to meet expectations, authoritative parents are more nurturing and forgiving. This usually leads to children that are happy, capable, and successful. Children who are parented by authoritative parents typically have the highest outcomes in all realms of life.
- ★ **Permissive:** In this style of parenting, parents typically place few demands on children, rarely discipline and are generally nurturing and communicative with their children. Permissive parents are more like a friend than a parent. This often results in children who rank low in happiness and self-regulation, and experience problems with authority and/or tend to underperform academically.
- ★ **Uninvolved:** In this style of parenting, parents will place few demands on children and typically have low responsiveness and little communication with them. Uninvolved parents fulfill a child's basic needs but are generally detached from their children's lives. Children who are parented by uninvolved parents tend to rank lower in all life domains, including self-control, self-esteem, and feelings of competence (as compared to peers.)



It can be helpful to identify which style of parenting you have utilized or are currently utilizing to determine if the style you are using is meeting your goals or creating additional problems. The wonderful thing about knowing your parenting style is the ability to change it if it's not propelling your teen towards well-adjusted adulthood. No parent is perfect, and every effort you engage to support your child, regardless of their age, is always a step in the right direction!

Please reach out to our Admissions Team at **916.623.7215** or <https://lightfully.com/admissions/> to see if Lightfully Behavioral Health may be the right choice for you and your adolescent.