

Parenting Styles and Positive Communication

The Child Center of NY
Rayna Wang, LMSW
Kaitlin Jou, Clinical Intern

History:

- In 1966, 1970, and 1971, **Diana Baumrind** (developmental/clinical psychologist) published studies that focused on the factors of **responsiveness (warmth)** and **demandingness (control)** in parents and how that affects child development.

She identified 3 types of parenting based on these factors: Authoritative, Authoritarian, and Permissive Parenting.

- In 1983, two other psychologists: **Eleanor Maccoby** and **John Martin**, expanded her research and developed what we now know today as the 4 parenting styles.



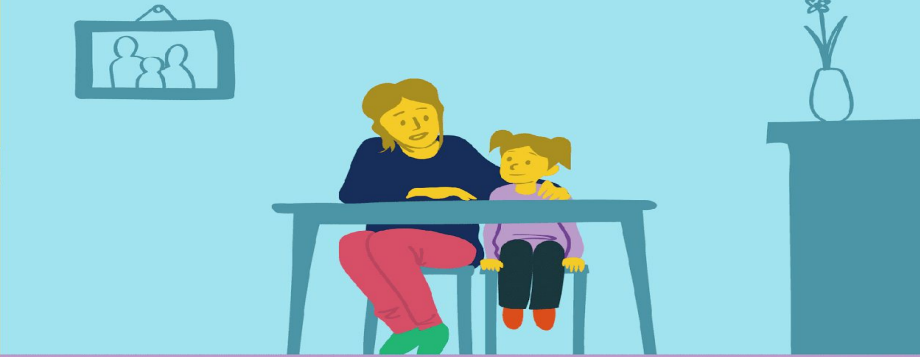
Authoritarian

Focus on obedience,
punishment over discipline



Authoritative

Create positive relationship,
enforce rules



Permissive

Don't enforce rules,
'kids will be kids'



verywell

Uninvolved

Provide little guidance,
nurturing, or attention



Reflection:

1. What is your parenting style?
2. If you have a significant other/partner, what is their parenting style?

- What are some things that you can do to move toward being an Authoritative parent?
- If you and your significant other do not have the same parenting styles, how can you move toward being in line with each other?

Be a parent with 3 “A”s:

Attentive, Available, Assertive

Authoritative Style:

1. Listens to children.
2. Shows warmth, attention, and nurturance.
3. Allows autonomy and independence.
4. Sets clear limits on behavior, but explains why.
5. Consistently enforces boundaries.
6. Uses positive discipline.



At the end of the day...

- Every parent wants their child to be independent/motivated and capable of making the right decisions.
- Culture shapes how the parenting styles unfold in families. (We are often influenced by our families of origin.)
- It is never too late to change or make improvements!

Positive Discipline

“There are no
bad children, just
good and bad
behavior.”

–Dr. Jane Nelsen
(Psychologist)

To start...

Establish daily routines

Take note and show child(ren) that you see their **strengths** and **positive behaviors**

Self-reflection: How many times do you compliment your child's behaviors vs. critique their behaviors?



What do I talk about with my child?

- Hobbies, interests – Be consistent in showing you care
 - What characters are you the game you are playing? How does it work?
- Spend time with your child without screens
 - Allow your child to ask questions – they are curious!
- Model communication strategies
 - e.g. I'm sorry that I ... I feel this way because...
 - I made a mistake today when I, but next time I will...
- Allow for mistakes!

What is the difference between
discipline and punishment?



Positive Discipline:

1. Helps children feel a sense of **connection**.
2. Is mutually respectful and encouraging.
3. Is effective **long-term** (vs. short-term)
4. Teaches important social and life skills (confidence, safe space to fail and try again, responsibility)
5. Invites children to discover how **capable** they are.

What types of discipline is acceptable?

YOU KNOW YOUR CHILD AND FAMILY THE BEST

- Create agreed-upon forms of discipline, such as time-out, no treats, take away tv/screen time for 30 minutes
Can replace with healthier alternatives (take deep breaths, puzzles, quiet time, listen to music, read, journal)
- Be consistent with the consequences and plan of action (used by all caregivers of child)
- State your position (as early on as possible), but you can offer choices.
“No, I will not give you chocolate. Would you like crackers instead?”

What types of discipline is acceptable?

- Ignore protests and temper tantrums (but can offer place to self-soothe, calm down), then discuss the rationale for rules and expectations
 - It's not about winning or losing. It's about the lesson.
Screaming at your children teaches them that they can do so in the future as well (power-play). Keep calm even if they scream at you.
- Using corporal punishment (or threatening your child) can harm your child, physically and emotionally...
 - School staff, physicians, social workers etc. are also responsible to report suspected cases of child abuse or neglect

Resources

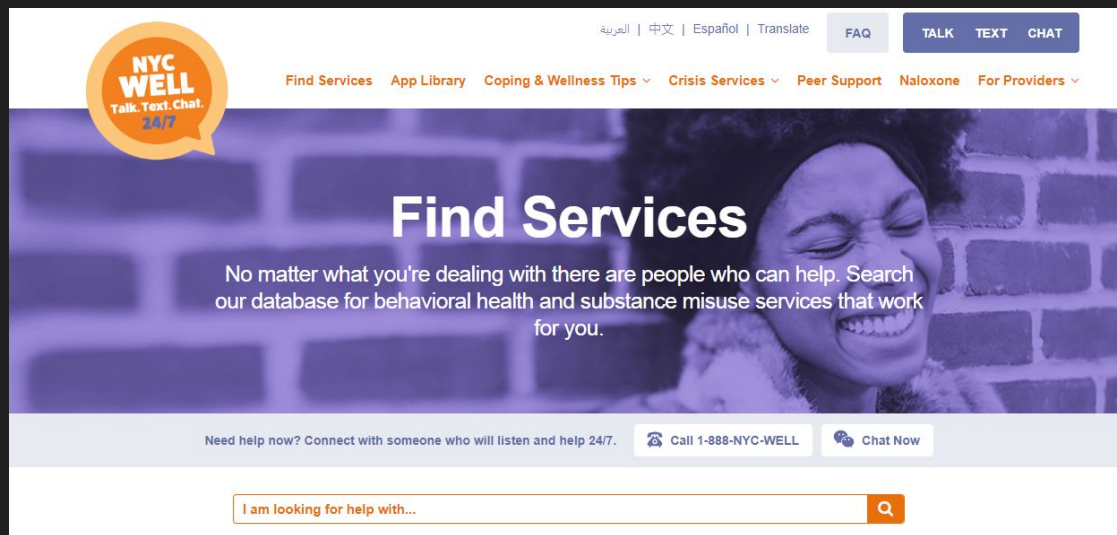
NYC WELL 1-888-NYC-WELL
1-888-692-9355

+ resources, peer support, mental health first aid training for parents, multiple languages

NYU Langone “Child Study Center”
– Free parenting workshops each month and webinars

National Suicide Prevention Hotline
1-800-273-8255

Can also check out: your local YMCA, public library, Museums



Thank you! Questions?



childcenterny.org

(Woodside, Jamaica, Elmhurst, Flushing clinic sites; various school based sites in Queens)