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Course

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The Four Parenting Styles

A parenting style, according to Kail and John (2018), is the manner in which a family is organized and it varies from one individual to another. It can also be defined as the set of rules that define parenting including the practices and attitudes that it is based on. Parenting is not an easy task as many have attested to having faced difficult challenges in the process. Research shows that since parenting is not an in-born skill, we tend to learn and observe from our own role models, from our parents as we grow up, from the world, from books and even from the life experiences. In regards to that, this review focuses on parenting techniques in four main types namely authoritarian, authoritative, permissive and permissive neglectful. Building parenting around sound principles of parent-child relationship makes children dynamic, autonomous and able to deal with with challenges as they grow, important for child development.

Authoritarian parents are probably the strictest type of individuals who value discipline and obedience. They are also the most aggressive who believe that the only way to build a child into someone they want is by applying a high amount of discipline (Kail and John). Even though this style is productive when it comes to producing individuals who are very successful in life, they tend to develop several psychological problems as adults because of the bitterness they have for their parents. It is wrong to go to the extreme while parenting especially when it comes to setting limits. As you can see, this style can lead to depression, anxiety, poor social skills and lack of emotional regulation for an older child raised by such a parent. The authoritative parent is not too different from the authoritarian parent but what makes them different is that they provide support for their children even with all the limits (Kail and John). Unlike those raised by authoritarian parents, such individuals turn out to be successful, highly involved in the society, develop a good mental state and have proficient social skills. I am happy that in as much my parents disciplined me, it was never through harsh punishments or aggressiveness and I know that I have turned out great as an adult. I can say my parents were authoritative because of their ability to balance responsiveness and demands throughout my childhood.

A permissive parent is the opposite of an authoritarian parent. For example, such an individual allows their child to feel free and enjoy their childhood without limit. In other cases, the parent only plays their duties as a ‘side responsibility’ because they have their careers and other plans in the back of their minds (uninvolved/neglectful parents). A neglectful parent is one that is emotionally detached with their child because of their inability to attend to their physical and emotional needs (Kail and John). I believe many parents fall under this category seeing that even though they are involved in their children’s lives, they are never too demanding/ concerned with what they expect them to do. While the benefits of this style is that children grow up in a family that is loving and nurturing, the bad thing about it is that they are also likely to turn out to lack self-control and develop psychological issues as adults. I do not think such an approach on parenting is the best because being a parent means sacrificing all other things to directly participate in your child’s life as the first priority. Although the method for raising a child varies with the individual, it has been discovered that with the most benefits and few disadvantages, authoritative approach is the healthiest of the four styles.

Works cited

Kail, Robert V., and John C. Cavanaugh. *Human development: A life-span view*. Cengage Learning, 2018.