**Parenting Coaching Program Session 6: Parenting Styles**

**Prior to starting, ensure that you have viewed the home practice assignments so you can confidently review them with the client.**

Hello \_\_\_\_\_\_\_\_\_\_\_,

Welcome back to the session today. We are currently in session 6 of 10 sessions. Today we will learn about parenting styles. Before we begin with our warm-up exercise, I would like to check-in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

**Let’s start off with our warm-up based on positive psychology….**

* The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.

**\*Pick one question to ask the client\***

* + *How has another person shown that they care about you within the past week?*
	+ *What has happened this week that has been exciting?*
	+ *Describe something fun that you did today.*
	+ *What was something nice you said to someone this week?*
	+ *Describe something that made you laugh this week.*
	+ *Describe something you were thankful for this week.*
	+ *What was a challenge you overcame this week?*
	+ *What was something that made you feel happy this week?*

**Check-in about the previous week’s homework (Gratitude practice) and inquire to see if they have any questions.**

**Q) How did the goal setting go? How did you incorporate a gratitude practice into your week?**

For this module we are going to take some time to discuss different parenting styles and do some activities to see which parenting style suits you best. Each style is quite unique with some overlap in characteristics and can influence children in different ways.

**Q) Have you heard about different parenting styles before?**

Note: it is okay if you identify with certain characteristics of different parenting styles, because it is not necessary to fit into one style and follow it. Overtime, parenting styles can change and be modified according to the needs of your child(ren).

It is observed that children who grow up in different environments may have similar personalities, while children who grow up in the same house may have completely opposite personalities. Therefore, you as the primary caregiver or parent play a huge role in shaping your child’s personality, attitude, actions, and ethics. It is likely that some people will be inclined towards the parenting style in which they were raised, while others will choose the opposite parenting style from the one they grew up with. If you are in a co-parenting relationship, it is important to identify the differences between both of your parenting styles and come to a blend or a conclusion of one parenting style that you prefer using.

At times the effects of your choice of parenting style may not be evident immediately, but over time it can influence your child’s well-being, their overall development, and academic performance.

To help you better understand the parenting styles, I would like to review 4 evidence-based styles that can affect children. Most individuals resonate with one of the parenting styles below; however, we acknowledge that these parenting styles are based on Eurocentric research, values and ways of knowing, and may not align with your ethnocultural perspective or upbringing.

**As I teach you about the 4 parenting styles, please keep the following questions in mind:**

**Q) What pieces of the parenting styles do you align with?**

**Q) Do you see yourself aligned with one style more than the others?**

**Q) Which parenting style do you feel you were raised with?**

1. Authoritative:
* Research considers this parenting type to be one of the most effective because an authoritative parenting style responds and nurtures a child's growth by establishing clear boundaries and rules. It is encouraging, guiding, responsive, and parents listen to questions.
* Some underlying values and traits of the word authoritative include calm, reliable, trustworthy, honest, factual, self-confident, and assuring.
* These parents are firm and explain situations and problems so that children can learn to self-regulate.
* When children’s actions or behaviors fall outside of what is expected of them, these parents do not punish their child. Rather, they discuss the problem, outline what is expected of them and why, and provide guidance to children so that they can self-correct this behavior.
* The disciplinary methods of these parents are supportive, and they are assertive but not intrusive or restrictive. They impose their perspectives as a parent, yet they also recognize their child’s individual interests, and respect them to help in the development of their child’s identity.
* The goal of this parenting style is to want children to be confident, responsible, as well as be able to regulate themselves to be a good problem solver. They are also likely to encourage communication and reasoning.
1. Authoritarian:
	* Some underlying values of Authoritarian parents include rigidity, strictness, inflexibility, demanding obedience, and discipline.
	* These parents tend to set high expectations for their children and force their children to follow the strict established rules. They also point-out and tell their children when they are not able to meet the expectations or follow the rules.
	* As these parents are obedience and status oriented while expecting their orders to be obeyed without an explanation, their disciplinary methods usually include punishment to restrain their child’s will.
	* These parents are likely to have high demands and are not at all responsive to their child.
	* The goal of this parenting style is to keep the child in their place, by restricting their autonomy, as the parent likes to be in control and rarely allows their child to make a decision on their own.

1. Permissive (Undemanding/Indulgent):
	* The word permissive denotes freedom. It encourages behaviors to naturally occur without any intervention.
	* Permissive parents are loving, dote on their children but rarely discipline their child as they don’t establish clear rules, boundaries, or offer consequences for behaviors. Because they have relatively low expectations, maturity, and self-control.
	* These parents are responsive but they tend to have very little expectations of their child. As they often let them do whatever they wish without providing considerable guidance or care.
	* They often take the role of a friend rather than being a parent, and they are also very nurturing and communicative with their child. Likewise, they are also manipulative and use reasoning but do not use overt power to accomplish their goals.
	* The traits of this parenting style is that they are not confrontational, rather are very accepting and affirming towards their child’s actions, impulses, and desires. Moreover, they also involve their child in decision making and provide an explanation for family rules.

1. Uninvolved (Unresponsive/Neglectful):
	* The characteristics of this type of parent is to make few demands, they are less responsive, and communicate very little as they indulge in a more hands-off approach.
	* These parents are normally very detached from their child’s life and in certain cases they may even neglect or reject their needs.
	* They neglect the opportunity to teach and communicate with their children. Therefore, they will allow them to do whatever they want without any rules or guidelines to follow.
	* Traits of this parenting style are they do not display any affection and are less interested in their child’s emotions and life. Moreover, they offer very little or zero supervision to their kids and may intentionally avoid them.

Now that we have an overview of the different types of parenting styles, we will review the impact of these styles:

Children who have authoritative parents are likely to be happy, capable, and successful. This style is a combination of warmth along with rational and reasonable control as the parent is in control. However, they do not assert physical force or punishment to keep their child on the right track. These types of parents praise their child for meeting any expectations, or at least trying for it and as a result they learn that they are competent individuals who are successfully able to do things for themselves. Thus, this leads to the development of high self-esteem, cognitive development, and emotional maturity

Authoritarian parenting usually results in children being obedient and proficient, but they show very little happiness, social competence, and self-esteem. This is often because the parents seem to control their behavior and attitude by incorporating physical punishment methods.

Children raised by permissive parents show lower rates of happiness and self-regulation. They may also perform poorly in school activities as they are permitted to, and like to set their own schedules.

Lastly, parents who exhibit uninvolved parenting styles result in their children having challenges in forming attachments later in life. This is due to a lack of learning to create appropriate boundaries; therefore, it is difficult for them to behave appropriately in social settings.

**Use these questions to prompt discussion, and if they wish to explore these more, suggest that they bring the discussion back to their counsellor (if they have one) for a more in-depth talk.**

**Going back to the questions we opened with:**

**Q) What pieces of the parenting styles do you align with?**

**Q) Do you see yourself aligned with one more than the others?**

**Q) Which parenting style do you feel you were raised with?**

We are now going to **WATCH** a video about the 4 parenting styles and the effects on children: It also briefly touches on the notion of cultural effects on these parenting styles.  The four parenting styles are American based, and do not neatly apply to ethnocultural minority groups.  For example, they state Chinese American children of Authoritarian and Authoritarian parents yield the same effects on children.

<https://www.youtube.com/watch?v=8p-Ibi-P9lM>

**Session Summary:**

* We are nearing the end of our sixth session, and I wanted to recap some of the material we covered.
* You learned about the four parenting styles: 1) Authoritative 2) Authoritarian 3) Permissive and 4) Uninvolved.
* You also explored how these parenting styles impact children.
* We closed by watching a video about the four parenting styles and their impacts.

**HOME PRACTICE:**

For home practice, I will e-mail you an overview of SMART goals and a worksheet we have used over the past weeks. In the email I will include the link to the video we watched, should you wish to review it.

I will also send a file containing a parenting-style self assessment for you to do sometime before our next session. We will discuss your findings next week at the opening of our session. I encourage you to continue with incorporating things in your week that support your own wellbeing and increase your self-compassion as discussed during our last session.

Please continue to use the SMART goal outline if you find it helpful to you in order to prioritize your goals for the upcoming week.

End of Session 6

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**Email template for client**

Subject: Moving Forward Family Services Parenting Program Home practice – Session 6

Insert Logo here

Hello Client’s name,

It was great to be with you for session 6 today. This program will support you by using psychoeducation, resources, and tools to help support you in your parenting role.  The goal of this program is for you to obtain skills and strategies to gain confidence as a parent in your day-to-day life.

Our home practice this week is:

1. Take the parenting style questionnaire included in the attachment to this email. We will discuss your outcomes at the beginning of our session next week.
2. Continue to reflect on the questions that we discussed this week:
	* 1. What pieces of the parenting styles do you align with?
		2. Do you see yourself aligned with one more than the others?
		3. Which parenting style do you feel you were raised with?
3. Please continue to use the SMART goal outline if you find it helpful to you to prioritize your goals for the upcoming week. E.g., try and incorporate self-compassion and wellbeing activities into your week
4. As you continue to process the information we discussed today, or rewatch some of the materials reviewed this week, consider the following questions:
	1. What are the main points of this video?
	2. What skills/strategies did I learn?
	3. How can I apply these skills to my own situation?

Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support or ask how you can be connected with one.

Warm regards,

Your Name

**Resources:**

Parenting Style Questionnaire

Parenting Style video: <https://www.youtube.com/watch?v=8p-Ibi-P9lM>

SMART goals worksheet

SMART goals overview

