

# Go To..... Parenting Styles



Becoming a parent can often trigger our own deep childhood memories. Try to seek support if you find these difficult.



How we emotionally interact with our children; how we support them to cope with their feelings and how we encourage them to develop skills, is known as our Parenting Style.

Our experience of childhood will also influence our own parenting style; the patterns we repeat, and the things we do very differently.



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**Permissive Style**  
This style involves few boundaries or natural consequences. It can either include high levels of parental love and involvement or, alternatively, children endure low levels of affection and feel their parents are disengaged.

**Authoritative Style**  
This involves high levels of love and affection but also involves parents implementing reasonable boundaries, and having fair expectations. Children have emotionally safe opportunities to develop confidence, self-control, independence and attachments.



**Authoritarian Style**  
This often involves a child feeling the absence of affection. Parents use consequences and punishments to control children's behaviours. Children can become obedient but resentful and may fail to grasp important life-skills. Children often feel shame and misunderstood.



## Gentle Parenting

(ref Dan Hughes)



- \*\*\*Children feel respected and loved. They learn from parents how to love themselves.
- Parents respond with **PLACE**: Playfulness, Love, Attunement, Curiosity and Empathy
- \*\*\*Parents calmly hold the safe-place, routines and boundaries for children to learn.
- \*\*\*Children feel empowered to make choices and learn natural consequences.
- \*\*\*Children's delicate strength is nurtured to overcome difficulties.
- \*\*\*Children are supported to become their best selves\*\*\*



We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

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**\*All behaviour is communication..**

**\*Try not to take any negative behaviour personally. Your child is communicating a feeling, not how they feel about you.**

**\*Separate your child's behaviour from their need. This will reduce your feelings of hurt or rejection. You will feel more confident and able to respond with calm understanding.**



**Less than 10% of all communication consists of the words we use. Over 90% is our tone, body language etc**

**When the going gets tough .....become more gentle**

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**Take a slow deep breath  
Drop your shoulders  
Feel grounded**

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**Visualise yourself as the parent you need.  
Visualise the need in your child**

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**Listen**

**Validate your child's feelings  
Empathy not solutions  
Speak softly  
Use fewer words  
Apologise if necessary**



**Children and teenagers need our support with the big feelings they can't handle. Our response teaches them how to cope and will always be much more important than any of their behaviour.**



**Feelings must always be acknowledged but we can support our children to develop their thinking and manage their behaviours. This is co-regulation.**

**'Nothing could be more comforting and powerfully healing than feeling accepted by our loved ones when we are at our worst.'**

**Janet Lansbury**



**\*\*\*Most rows or 'meltdowns' are repeats.  
\*\*\*.Taking time to care for your own needs will help you and your family to break this cycle..  
\*\*\*Children need us most when their behaviour is at its worst.**



**To read more, go to...  
The A-Z of Therapeutic Parenting \* Sarah Naish  
The whole Brain Child \* Dr Dan Siegel  
safehandstinkingminds.co.uk\* Dr Karen Treisman**

**Toddlers and Teens**

**experience huge periods of brain development but with very different levels of autonomy. Try to be prepared for your toddler-teen.**

**Their need of your love and support is just as real.**

