Parenting for Success

Styles of Parenting
- **Authoritarian** - inhibits self-discipline and personal accountability
- **Permissive** – lack of clarity and enforcement of appropriate limits
- **Disengaged** – not focused and present
- **Authoritative/Assertive** - balance of warmth and control

Benefits of Authoritative / Assertive Parenting
- Builds connection
- Limits the discipline cycle
- Creates boundaries that instill sense of safety
- Allows child to earn freedoms - builds sense of reciprocal trust
- Builds “grit” through delaying gratification
- Promotes learning

Methods to Promote Authoritative/Assertive Parenting
- Advance planning
- Family meetings
- Contracts
- Introduce developmentally appropriate and logical consequences