



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