

taking skills.

## Parenting

### Parenting Styles

Children respond to their environment in a variety of ways. A child's temperament heavily influences his or her response (see [Chapter 11](#)), but styles of parenting have also been shown to affect a child and lead to particular behavioral responses. Parenting styles are often classified as authoritarian, permissive, or authoritative ([Baumrind, 1971, 1996](#)). Authoritarian parents try to control their children's behavior and attitudes through unquestioned mandates. They establish rules and regulations or standards of conduct that they expect to be followed rigidly and unquestioningly. The message is: "Do it because I say so." Punishment need not be corporal but may be stern withdrawal of love and approval. Careful training often results in rigidly conforming behavior in the children who tend to be sensitive, shy, self-conscious, retiring, and submissive. They are more likely to be courteous, loyal, honest, and dependable but docile. These behaviors are more typically observed when close supervision and affection accompany parental authority. If not, this style of parenting may be associated with both defiant and antisocial behaviors.

Permissive parents exert little or no control over their children's actions. They avoid imposing their own standards of conduct and allow their children to regulate their own activity as much as possible. These parents consider themselves to be resources for the children, not role models. If rules do exist, the parents explain the underlying reason, elicit the children's opinions, and consult them in decision-making processes. They employ lax, inconsistent discipline; do not set sensible limits; and do not prevent the children from upsetting the home routine. These parents rarely punish the children.

Authoritative parents combine practices from both of the previously described parenting styles. They direct their children's behavior and attitudes by emphasizing the reason for rules and negatively reinforcing deviations. They respect the individuality of each child and allow the child to voice objections to family