

## Social and Emotional Development: Parenting Styles

### Teaching Tips:

- This topic is a primary focus for many parents. Remember to introduce the concepts of the social-emotional overview before focusing specifically on the four parenting styles.
- Some parents may be very familiar with the concept of parenting styles, while others may not have ever considered it. Begin by asking parents what they think of when they hear the term "parenting style."
- Encourage parents to think about their own parenting styles both at the beginning of the teaching and at the end. Ask them to consider any changes they would like/hope to make based on the information presented.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

### Learning Objectives for Parents and Caregivers

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After learning about parenting styles, parents and caregivers will be able to:

- 1) Explain how attitudes about feelings shape parenting behaviors
- 2) Describe the messages that parenting behaviors teach children about their emotions
- 3) Explain the four parenting styles
- 4) Communicate how the 4<sup>th</sup> parenting style, Emotion Coaching helps children learn how to manage their feelings and improves long-term parenting outcomes

### Key Messages for Parents and Caregivers

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- 1) Children raised by parents who value and guide emotions do better in many ways.
- 2) Parenting is the way an adult interacts with their child and teaching children about emotions is an important first step in helping children learn to manage the emotion.
- 3) There is no such thing as a bad emotion; it's how we handle emotions (the behavior) that matters.
- 4) Children raised by parents who value and guide emotions do better in many ways.
- 5) Teaching children about emotions is an important first step in learning to manage them.
- 6) Every child is unique and children experience emotions in their own ways.

