

Successful Parenting

Helping Your Child Succeed

- Below are a series of traits that have been found to correlate with student academic success in high school and college.
- Perseverance - the ability to overcome obstacles
- Curiosity - asks questions, seeks out answers
- Conscientiousness - careful, thoughtful, dependable, attentive, & diligent
- Optimism - positive outlook on life & situations
- Self-control - disciplined, self-will, has restraint, and can delay gratification

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If your child can possess and demonstrate these traits as well, this increases the child's academic success.

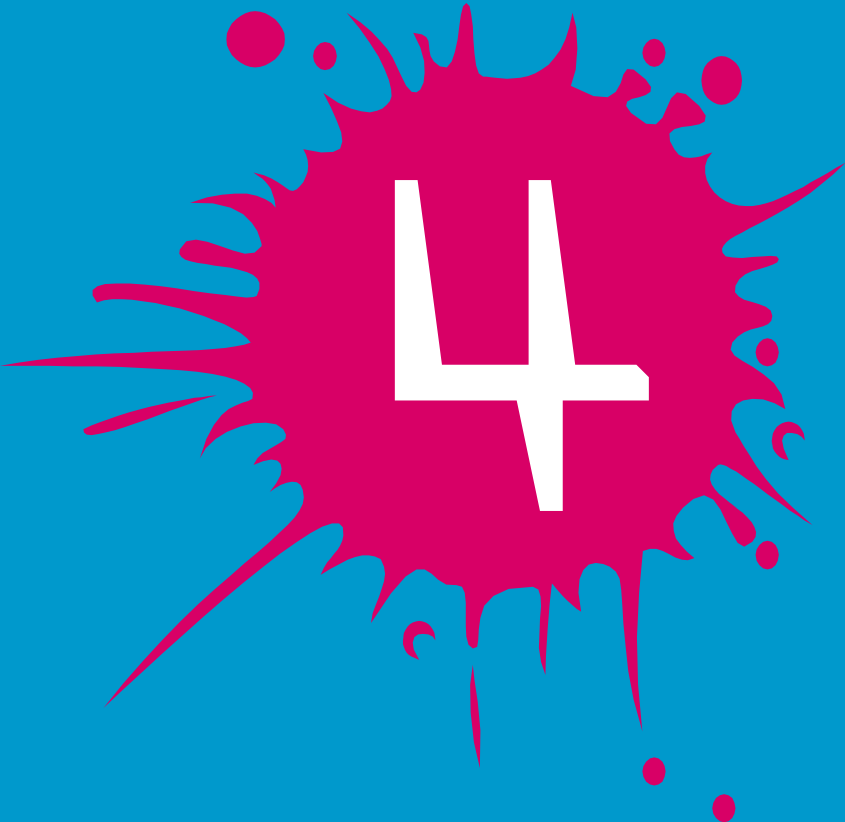
Self-efficacy - a belief that one has the ability to handle or effectively meet the demands of a situation.

Build character - distinctive and positive qualities about a person that makes them who they are.

Parenting Styles

- The construct of parenting styles is used to capture what is considered **normal** *(excluding deviant parenting such as abuse, neglect, etc.)* variations in parenting styles, or the most frequent patterns, in parents' attempts to control and socialize their children.
- The primary role of all parents is to influence, teach, and control their children.
- There is no one isolated parenting style for a parent, but there is a more effective way to parent.

Parenting Styles



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There are four main styles of parenting:

- 1) Permissive-indulgent
- 2) Permissive-indifferent
- 3) Authoritarian
- 4) Authoritative

Two important elements:

Parental responsiveness:

“the extent to which parents intentionally foster individuality, self-regulation, and self-assertion by being attuned, supportive, and acquiescent (without ?) to children’s special needs and demands”

Parental demandingness:

“the claims parents make on children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys”

Permissive-INDULGENT

These parents are generally more responsive more than they are demanding.

- Nontraditional and lenient
- Do not require mature behavior
- Allow considerable self-regulation what is important to the child
- Avoids confrontation, rarely punishes the child
- Gives in
- Caters to the child
- *The danger here is will the child ever learn appropriate behavior and how to control their desires, needs, and wants?
- Can they delay gratification (key element in future success)

Permissive-indifferent Style



These parents are low in both responsiveness and demandingness. In extreme cases, might encompass neglectful parents, although most parents of this type fall within the normal range.

- Extremely Lenient
- Does not require mature behavior
- Might be rejecting-neglecting/neglectful
- Avoids confrontation
- Whatever, absent, child decides
- May even act like the child
- Absentee parenting
- Children often become Narcissistic, self-centered

Authoritative Style

These parents are both demanding and responsive. They monitor and impart clear standards for their children's conduct. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible, and self-regulated as well as cooperative, being able to delay-gratification, and having developed self-control.

- Assertive
- Structured
- Allow moderate self-regulation
- Requires mature behavior
- Supportive/encouraging
- High Expectations
- Regular communication



Authoritarian Style



These parents provide well-ordered and structured environments with clearly stated rules. They are highly demanding and directive, but not responsive. They are obedience- and status-oriented, and expect their orders to be obeyed without explanation.

- Conforming
- Demanding/directive
- Punishing
- Restrictive
- Overbearing
- Unrealistic
- Children can often become moody, fearful, withdrawn, and edgy

What does this mean?

- When parents don't agree or aren't on the same page, problems and **conflicts** will occur.
- Most of issues you'll have with your children fall under: Power Struggles, Control, Respect, Trust, Fight for Independence, Confusing the Issue/s, and an Ego-Centric Attitude - where the world centers around them.
- The conflict occurs because you and your child want two different outcomes.

Parenting Resources

How Children Succeeds

Discovery of Psychology by Hockenbury

http://www.nytimes.com/2012/08/26/books/review/how-children-succeed-by-paul-tough.html?pagewanted=2&_r=0

<http://www.livestrong.com/article/7643-types-parenting-style>

Summary for Academic Success for Your Child

- You will most likely will use some or part of your parenting style based on the experiences you had as a child. What was successful for you will be applied to how you parent.
- Another key link to academic success is the level of stress a child may or has experienced. The more stress one experiences, greater the likelihood of not developing the character traits that helps our children succeed. Stress interferes with the frontal cortex of the brain where reasoning is developed.
- Be active in your child's life.
- Ask questions, look to see the homework.
- Communicate - try and see their point of view.
- You are the parent, be the parent.
- Set goals for your child and let them be a part of that as well!!