

What is your parenting style?

As parents and in light of all the information out there about the right way to raise your children, you do not really know anymore who is right and who is wrong. Should you listen to your own parents? Your friends? Perhaps the answer is in reference books dealing with the topic? But if these sources contradict each other, who should you believe? One thing is sure: by knowing how to determine what the most effective parenting styles are, you can provide your children with a positive experience. Let's take a closer look!

Three types of parenting styles

Severe or autocratic parents:

- Are demanding, controlling and insensitive to the children's feelings;
- Set strict rules to maintain order;
- Do not encourage the children to make their own choices;
- Expect the children to agree with their decisions.

Permissive or lenient parents:

- Are welcoming and warm and work in parent/friend mode;
- Give almost complete control to the children and do not set limits;
- Allow the children to set their own rules, schedules and activities;
- Do not like to be held back by habits;
- Tend to accept the child's behaviour, whether it is good or bad, beneficial or detrimental.

Balanced or authoritarian parents:

- Give their children lots of opportunities to practice making choices;
- Help their children determine the consequences of their choices;
- Explain why it is important to set rules and to abide by them;
- Take into consideration their children's point of view, even if they do not always agree;
- Are firm while being kind, affectionate and loving;
- Focus on good behaviour.

So what is best for my child?

Do you recognize yourself in one of these parenting styles? Perhaps even several of them? Does your way of doing things work with one of your children but not the other? Do you disagree with your spouse about which method to adopt? Don't worry! It's normal! The important thing is not to label yourself, but to realize that your behaviour can have

immediate and long-lasting impacts on your child's social, intellectual, moral and emotional development. The ultimate goal is to find the right balance between discipline, empathy and support, while trying as much as possible to adjust your values to your partner's so that they become complementary and mutually supporting.

Twenty years of research demonstrate that balanced parents who establish a solid, positive relationship with their children see them develop significantly better throughout their lives. These children generally:

- Do better in school;
- Are less often faced with depression and anxiety;
- Have better self-esteem;
- Develop greater social skills;
- Are less likely to adopt risky behaviours as teenagers such as drug or alcohol use, unprotected, abusive or premature sexual relationships, violence, etc.

Conclusion

Anybody can be an excellent parent! Furthermore, simply asking the question shows that you are putting yourself forward as an adult concerned about their child's future. Of course, the perfect balance is difficult or even impossible to achieve, particularly if you have trouble balancing work and family or if you have personal problems. However, just know that it is possible for you to get help and advice about parenting styles. This process can prove beneficial for you and your children and for all the members of your family. The Health *InSight* support services offer you additional support and active listening. Do not hesitate to ask!

Note: To make the text easier to read, the masculine form is also used to designate the feminine.