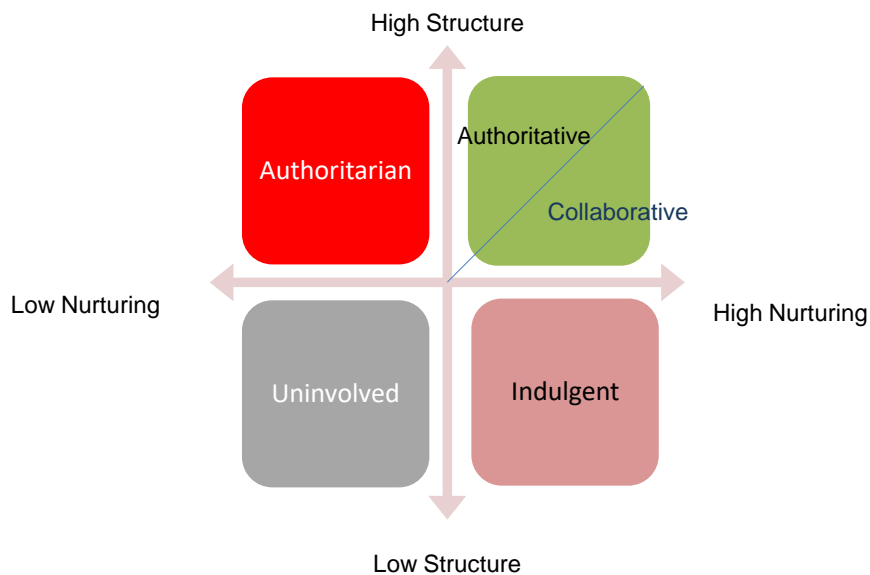


## Parent's Quick Guide to Parenting Information – 2020

Parenting Style	Authoritarian	Authoritative	Collaborative	Indulgent	Uninvolved
Parenting Goal	Control children	Control children. Teach thinking skills and self-control	Influence children. Teach thinking skills and self-control	Control children. No Teaching	No control or teaching
Provides	High Structure Low Nurturing	High Structure High Nurturing	High Structure High Nurturing	Low Structure High Nurturing	Low Nurturing Low Structure
Decision Making	Parent	Parent > Child	Parent= Child	Child	Child
Parenting Tools	Behaviour modification strategies	BM + Communication strategies	Communication	Communication	None
Expectations	Compliance	Relationship	Relationship	Relationship	None
Rule Making	Parent	Parent > Child. Parent makes with child's input	Parent= Child. Parent and child make together with age-appropriateness	Child	Child
Discipline	Rewards. Physical punishments. Non-physical Punishments and Punishment "Lite"	Rewards. Uses Punishment- "Lite" such as Logical Consequences Jail Time-outs, Withdrawal of privileges and items. No physical punishment.	Teach Collaborative Problem-solving and Time-In. No punishment of any kind.	Rewards heavily. Shield from any punishments or natural consequences. No problem-solving as parents needs not relevant.	No interaction at all.
Programs and Resources	Focus on the Family, John Rosemond, Debi and Michael Perl, James Dobson, Tiger Mom	Adlerian-based programs (Alfred Adler) Active Parenting, Systemic Training of Effective Parenting (S.T.E.P.), 123 Magic, Supernanny TV, Triple P	Rogerian-based programs (Carl Rogers) P.E.T. How to Talk So Kids Will Listen and How to Listen So Kids Will Talk, Attachment Parenting,	Taking Children Seriously, Continuum Concept,	

		(Positive Parenting Program), Rudolph Dreikurs, Love and logic, Alyson Schafer	Positive Discipline (Nelson), Positive Discipline in Everyday Parenting (Durrant), Non-Violent Communication, Attached At The Heart, The Growing Brain (ZeroToThree), AH S Terrific Toddlers, The Growing Brain (ZeroToThree) Gordon Neufeld, Alfie Kohn, Barbara Coloroso, Judy Arnall, Laura Markham,		
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## Parenting Style Axis



**Nurturing:** expressed love, comfort, kindness, attention, security, emotional validation, non-sexual touch, listening, encouraging, protection, and never using punishment.

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**Structure:** allowing age-appropriate decisions, natural consequences, giving guidance, facilitation and coaching, teaching, problem-solving, setting family rules and limits together, having routines, rituals, celebrations, providing supervision and monitoring, and reasonable age-appropriate expectations. Modeling responsible citizenship.