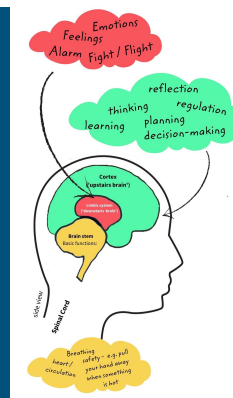
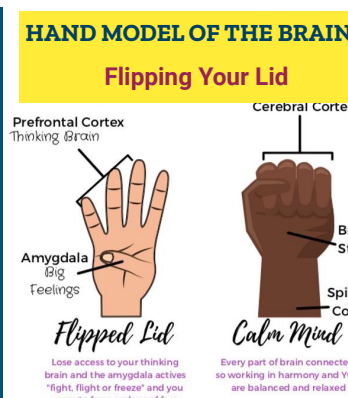


LOSD CARES

Parenting Workshop

Presented by: Kristin Guelsdorf, David Rodenkirch, Aisha Khan

February 8th, 2024



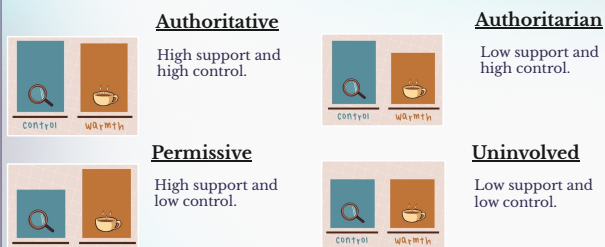
“
LIFE IS
10% OF
WHAT
HAPPENS
TO ME
AND 90%
OF HOW
I REACT
TO IT.
”

JOHN MAXWELL
KUBHANDITZOGA



FOUR PARENTING STYLES

Based on the two major parenting dimensions of Support and Control



Heynen, E., Van der Helm, P., Simon, E., Stams, G. J. J. M., & Assink, M. (2021). Parenting style and empathy in youth: A three-level meta-analysis.

Authoritative Parenting

- Is characterized by warmth, reasonable demands, and high sensitivity and responsiveness to the child's needs.
- Shown to relate to secure attachment of children. Although authoritative parents have high expectations of their children, they are also able to provide their children with the resources and support they need to succeed.
- Authoritative parents are open and responsible, and provide their children with love and warmth in addition to limits and fair discipline, resulting in a positive development of (cognitive) empathy and perspective taking towards behavior of others.

Authoritative Parenting, cont.



- Authoritative parents tend to use inductive discipline to teach their children prosocial behavior (moral internalization) and empathy by modeling prosocial behavior, expressing compassion for others, pointing out similarities among people from different backgrounds, and discussing moral beliefs and values.
- Hoffman (1970) claimed that the most effective type of parenting discipline is "induction", in which parents emphasize the perspective of others, point to the distress of possible victims, and learn perspective taking and showing empathic responses towards others.

Authoritarian Parenting



- Is characterized by exceedingly high expectations, demands, and control in contrast to low levels of warmth, guidance, and responsiveness, which has shown to be negatively associated with secure attachment.
- Parents with an authoritarian style have very high expectations of their children, but are unable to provide sufficient (positive) feedback and nurturance.
- Mistakes tend to be punished harshly. Yelling and corporal punishment are also commonly seen in the authoritarian style.

Authoritarian Parenting, cont.



- Authoritarian parents take decisions for their children without explanation, resulting in uncertainty and dependence of their children, which negatively affects personal growth, and may finally result in anxiety, loneliness, unhappiness, and aggressive behavior.
- Due to their lack of warmth and unresponsive behavior, authoritarian parents do not foster perspective taking and empathy in their children.

Permissive Parenting



- Permissive parenting is characterized by low demands and high responsiveness. Permissive parents tend to be loving, but do not provide adequate control.
- High permissive parenting has been shown to be associated with avoidant and anxious attachment, which may hamper the development of empathy. These parents do not expect mature behavior from their children and often seem more like a friend than a parent. Therefore, they may lack the authority to socialize their children, for instance, by teaching empathic responding through the provision of inductive discipline.

Permissive Parenting, cont.



- Because there are few rules, expectations, and demands, children raised by permissive parents tend to have low self-control. Permissive parenting results in disobedience, defiant, and impulsive behavior of the child as well as lack of emotional self-regulation, which may further hamper the development of empathy.

Uninvolved Parenting



- Uninvolved (or also called neglectful parenting) is characterized by a lack of responsiveness to a child's needs. Uninvolved parents make few to no demands and are often indifferent, dismissive, or even completely uninvolved.
- Neglect negatively affects emotional development and can result in anxious or avoidant attachment of the child.
- Uninvolved parenting is characterized as the most dysfunctional parenting style and has shown most negative impacts on the development and behavior of the child.

Parenting Styles and the Development of Empathy



- Research has shown that neglectful parenting, authoritarian or harsh and punitive parenting, and permissive parenting are risk factors for the development of antisocial behavior and may hamper the development of empathy in children.
- Regarding empathy in youth, it is concluded that the authoritative parenting style is the most successful.

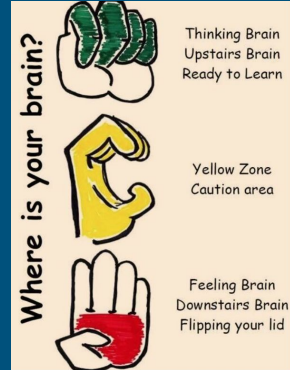


Pause Process

What is my Brain doing in each Zone of Regulation?

Zones of Regulation

	Blue	Green	Yellow	Red
	REST AREA	GO	SLOW	STOP
Feelings	Sad Sick Tired	Happy Calm Focused Ready to learn	Frustrated Worried Silly Wiggly	Mad Angry Mean Terrified
Pause Brain links	• Prefrontal Cortex beginning to switch off • Amygdala firing - sending signals about feeling Sad	• Prefrontal Cortex on and focused • Amygdala off	• Prefrontal Cortex off • Amygdala firing - sending signals about feeling overwhelmed	• Prefrontal Cortex off • Amygdala firing - sending signals about feeling Angry



Let's Connect

Grab a refreshment if needed :)



Thank You for your CARE & Connection

Thank you Hallinan & PTO for hosting us!
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<https://www.losdschools.org/Page/8011>