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Effective Parenting Style

Hong Kong Young Women's Christian Association

Early Childhood Education Department

Family





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Four styles of parenting



Authoritative Parenting

Parent

- Allow their child freedom but have consistent rules and boundaries
- Structure and secure environment
- Warm and supportive

Children

- Self confident
- Social competent
- High self esteem
- Less of misbehavior and psychological distress
- Sustain relationship



Permissive Parenting

Parent

- Inconsistent in their behavior
- Do not set expectations

Children

- Uncontrollable and impulsive
- More immature than their peers
- Less to take on responsibility and independent tasks

Authoritarian Style

Parent

- Hostile towards child
- Rigid in discipline
- Smacking
- Verbal abuse

Children

- Fearful of their home
- Mistrustful of others
- Mental health issue



Neglecting Parenting

Parent

- Allow children learn from their own way
- neglectful

Children

- Hard to sustain a relationship with others
- Poorer school achievements
- Behavior problems

Styles of Parenting

	Supportive Parent is accepting Child-centered	Unsupportive Parent is rejecting Parent-centered
Demanding Parent expects much of child	Authoritative “Let’s talk about it”	Authoritarian “Because I said so”
Undemanding Parent expects little of child	Permissive “You’re the boss”	Neglecting “You’re on your own”

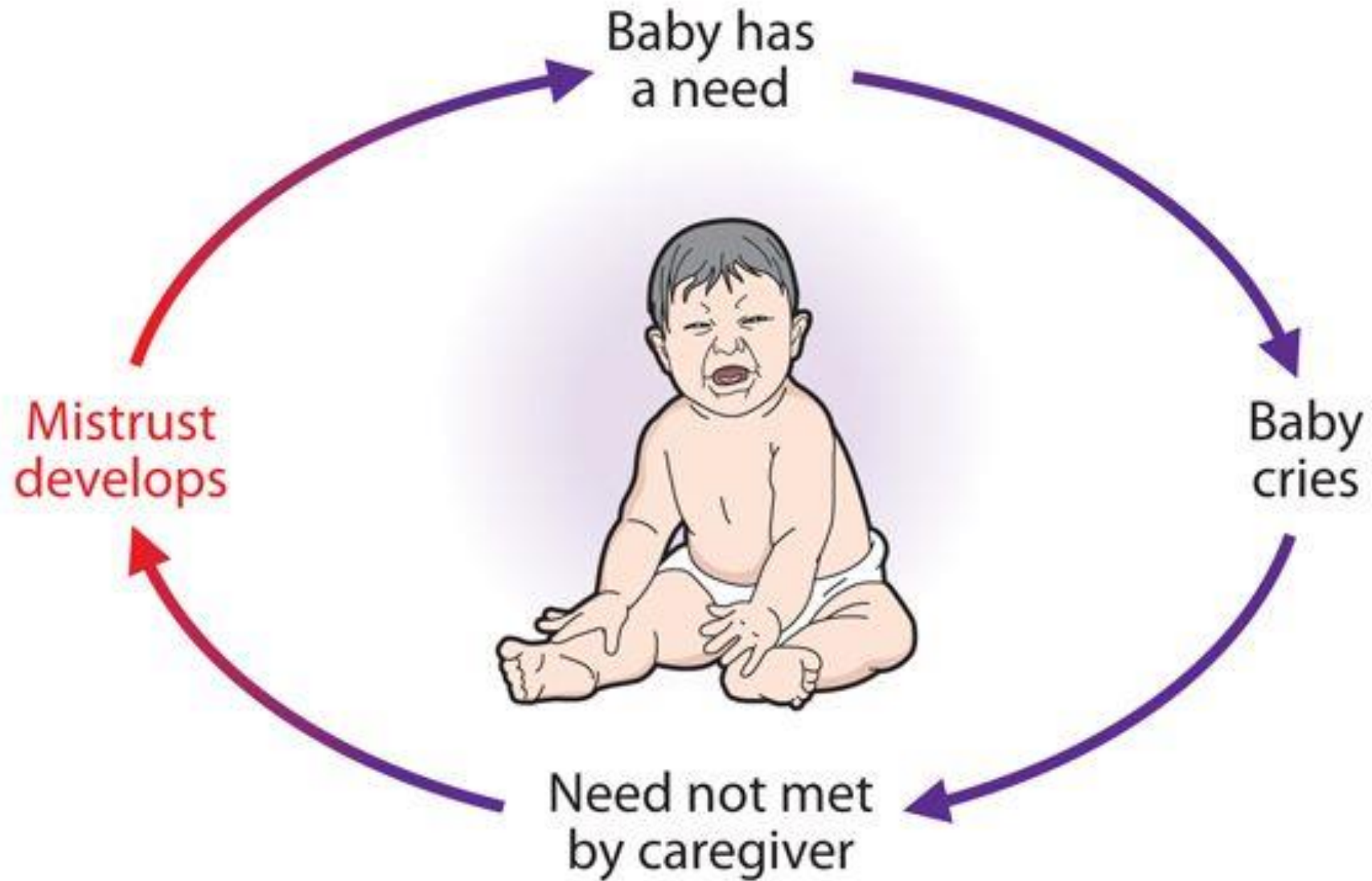
Authoritative

Authoritarian

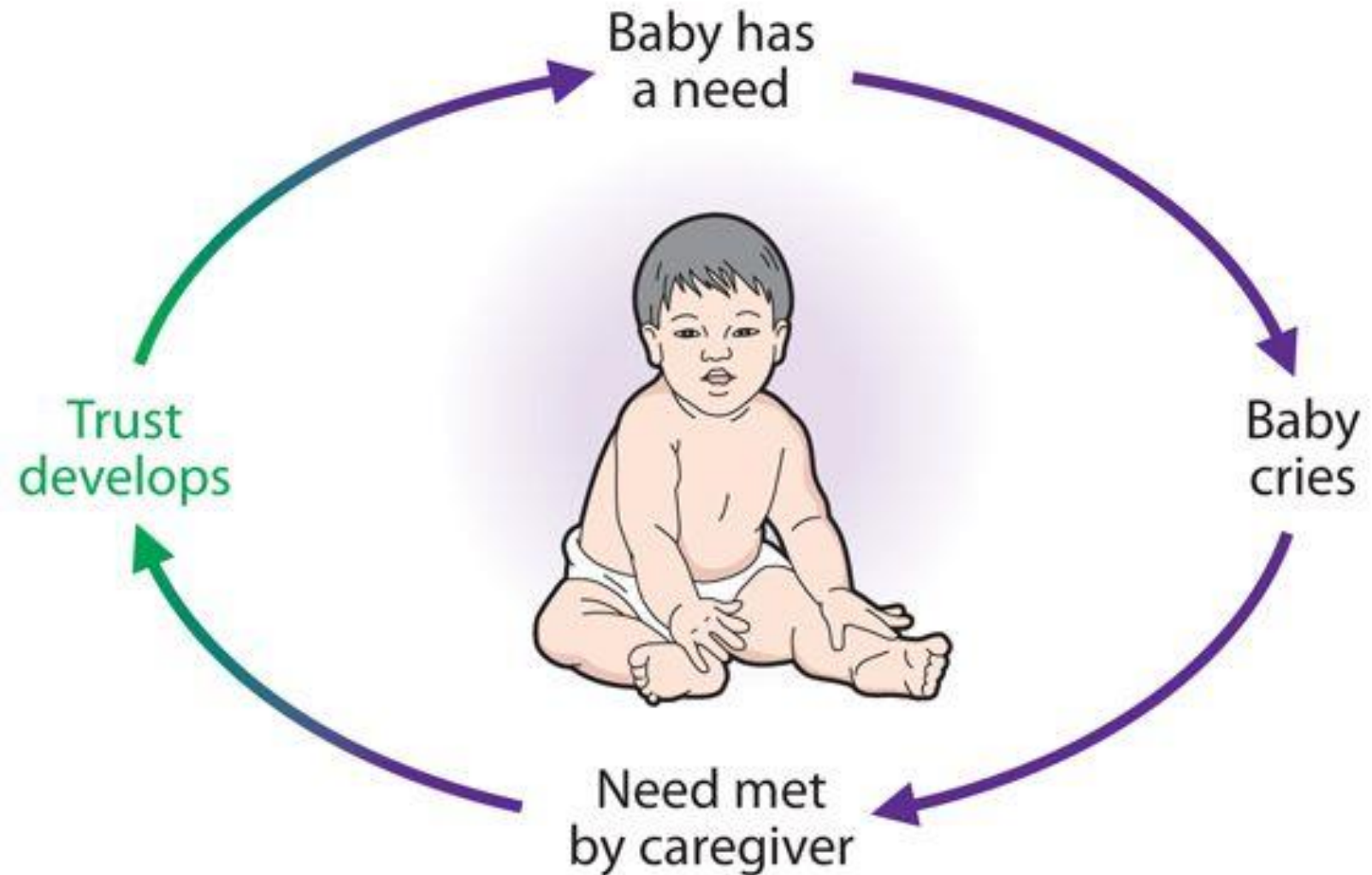
Permissive

Neglecting

Infant Trauma Cycle



Infant Attachment Cycle





Attachment

Positive

Thoughts of self

Negative

Positive

Thoughts
of others

Negative

Secure

(I'm okay, you're okay)

Is trusting of others

Feels worth of other's
attention

Anxious ambivalent

(I'm not okay, you're okay)

Is emotionally depend on others

Has low self-esteem

Anxious avoidant

(I'm okay, you're not okay)

Has low trust of others

Is compulsive of self-reliant

Anxious disorganized

(I'm not okay, you're not okay)

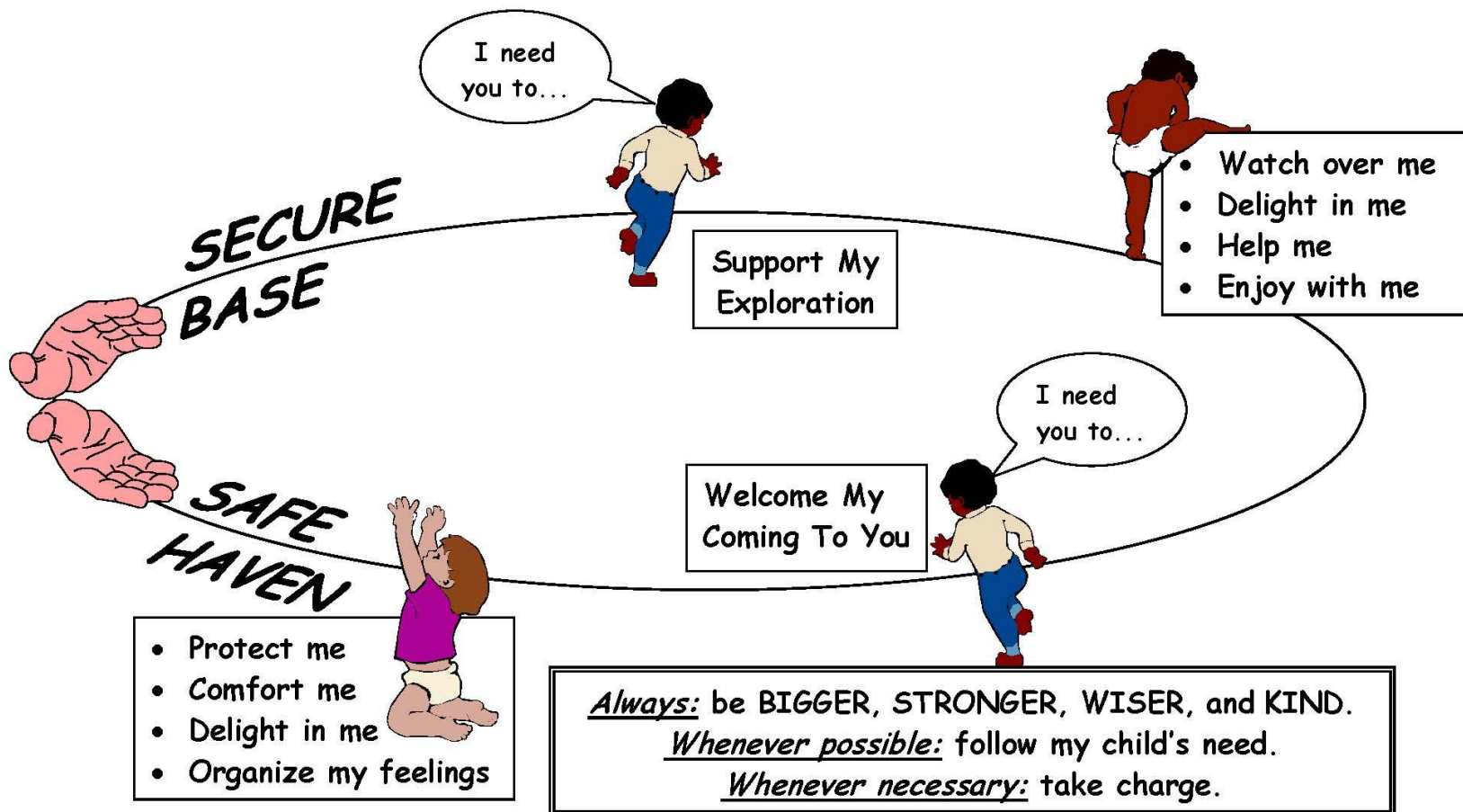
Has low trust of others

Is fearful of intimacy

Demonstrate approach
avoidance behaviors

CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



Play together



Appreciate effort put



Routine daily schedule



Encourage exploration



Nourish hopes



Treasure your child



PARENT

- ➡ Play together
 - ➡ Appreciate effort put
 - ➡ Routine daily schedule
 - ➡ Encourage exploration
 - ➡ Nourish hopes
 - ➡ Treasure your child

Thank you