

Parenting Styles and Current Challenges

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Why Does Parenting Matter?

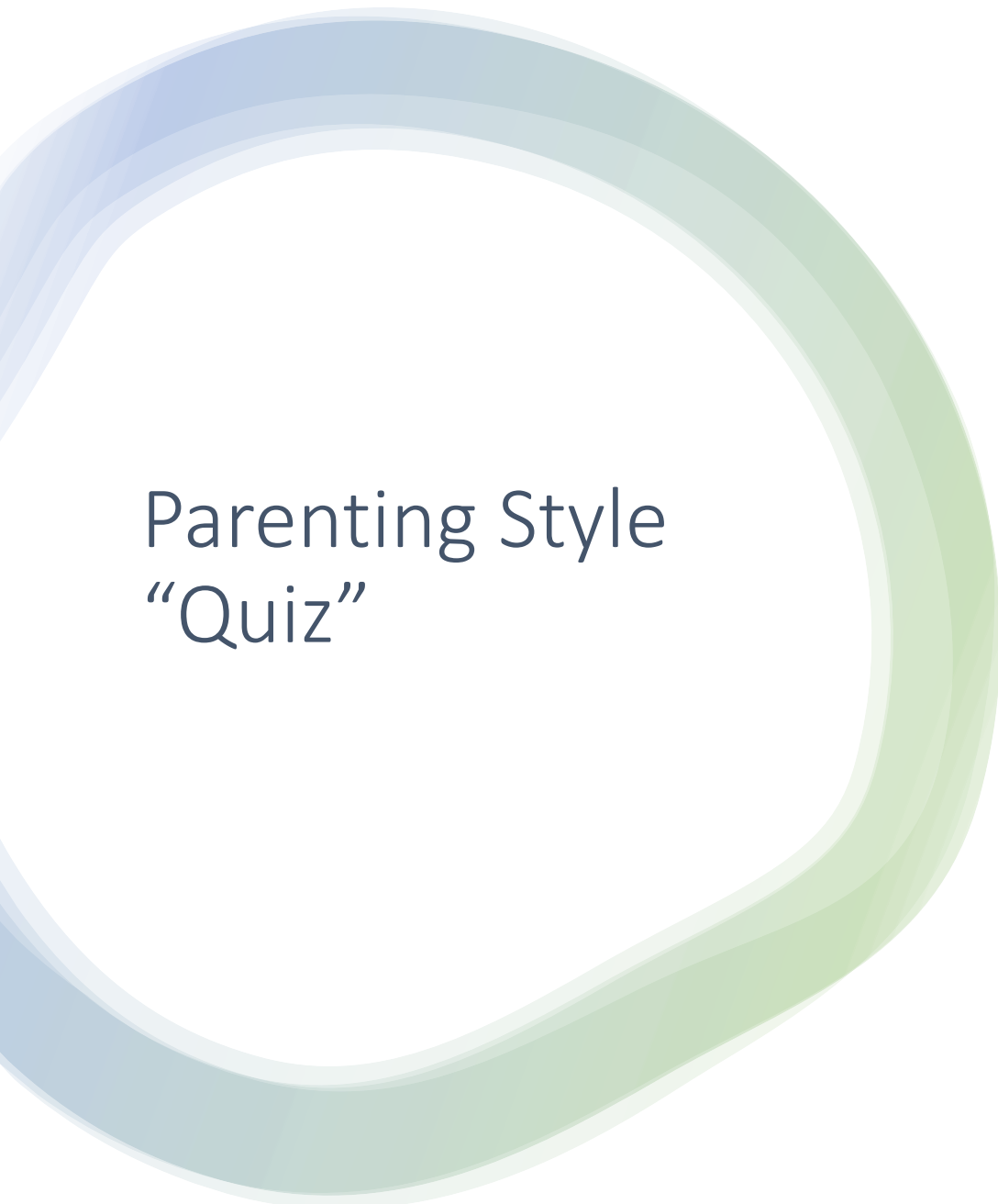
- A child's first relationship
- How children learn expectations, boundaries, communication
- Modeling
- Teaching
- Self-Confidence and Self-Efficacy
- * Parental influence is often underestimated

Attachment Styles

- **Secure Attachment-** healthy relationships and appropriate independence
 - Caregivers are responsive to child's needs
- **Insecure Attachment**
 - *Anxious-* strong fear of abandonment
 - Caregivers are inconsistent
 - *Avoidant-* don't want to depend on others or have others depend on them
 - Caregivers are dismissive and distant
 - *Disorganized-* difficulty regulating emotions, push and pull in relationships
 - Child raised in a home with significant trauma

Behavioral Parenting Style





Parenting Style “Quiz”

- A parent takes their child to the grocery store. The child begins to run around the grocery store and throw items off the shelf. Choose which Parenting Style matches with the response:
 - A) The parent quietly asks the child to stop. The child continues the behavior and the parent continues shopping. When others look over, the parent says “sorry.”
 - B) The parent yells at the child to stop and says “just wait until you get punished when we get home.”
 - C) The parent stops and takes the child aside. The parent sets the expectation as to how to behave in the grocery store. The parent allows the child to gently help them get their needed items off the shelf.
 - D) The parent continues shopping and ignores the child’s behavior.

Emotional Parenting Style

- <https://www.gottman.com/blog/what-style-of-parent-are-you/>
- The Dismissing Parent
 - Child's feelings are treated as unimportant and are minimized
 - Wants negative emotions to "go away"
- The Disapproving Parent
 - Actively criticizes child's emotional expression
 - May believe that emotions are "weak"
- The Laissez-Faire Parent
 - Allows all emotional responses from children without limits, boundaries, or control
- The Emotion Coach
 - Listens to child's emotions and empathizes
 - Helps child understand, label, and regulate their emotions
 - Sets limits on the expression of emotions and teaches problem-solving skills

Erikson's Developmental Stages

E. Erickson's Stages of Development

Stage	Basic Conflict	Important Events	Outcome
Infancy (birth to 18 months)	Trust vs. Mistrust	Feeding	Children develop a sense of trust when caregivers provide reliability, care and affection. A lack of this will lead to mistrust.
Early Childhood (2-3 years)	Autonomy vs. Shame and Doubt	Toilet Training	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feelings of autonomy. Failure results in feelings of shame and doubt.
Preschool (3-5 years)	Initiative vs. Guilt	Exploration	Children need to begin asserting control and power over the environment. Success in this stage leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6-11 years)	Industry vs. Inferiority	School	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.
Adolescence (12-18 years)	Identity vs. Role Confusion	Social Relationships	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adulthood (19-40 years)	Intimacy vs. Isolation	Relationships	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40-65 years)	Generativity vs. Stagnation	Work and Parenthood	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65-Death)	Ego Integrity vs. Despair	Reflection on Life	Older adults need to look back on life and feel a sense of fulfillment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness and despair.



Pre-Adolescence and Adolescence

- 5 to 12 years old: Industry vs. Inferiority
 - Children start comparing themselves to others
 - They begin to understand what they achieve in and where they struggle
 - * Need confidence boosters, encouragement, and assurance that it is ok to fail
- 12 to 18 years old: Identity vs. Confusion
 - Asking themselves “Who I am?,” “Where do I fit?”
 - Also experiencing puberty → bodily changes
 - * Allow them time to explore their likes/dislikes, values, and own opinions on things
 - * Seek to understand and allow them to feel heard
 - * Give healthy guidance, boundaries, and expectations

Current Challenges in Parenting

Social Media and Technology

Changing Culture

COVID and Mental Health

What other challenges?



Resources

- Davidson County Health Department Positive Parenting Program
 - Sherilynn Little: 336-242-2332
 - April 25th, 2023- Teen Survival Skills
- Triad Moms on Main
 - <https://triadmomsonmain.com/>
- Family Services of Davidson County
 - 336-249-0237
 - Individual and family counseling