



Comparison of Parenting Styles

	AUTOCRATIC	PERMISSIVE	DEMOCRATIC
Goal for self	<ul style="list-style-type: none"> ▪ power ▪ ease 	<ul style="list-style-type: none"> ▪ peace ▪ ease 	<ul style="list-style-type: none"> ▪ guidance ▪ satisfaction
Accompanying belief	“I must control my child.”	“I must please my child.”	“I must lead my child
Parent’s goals for child	<ul style="list-style-type: none"> ▪ obedience ▪ respect for authority ▪ a “healthy fear” ▪ responsibility to others 	<ul style="list-style-type: none"> ▪ freedom ▪ respect for self ▪ a “go for it” mentality ▪ responsibility to self 	<ul style="list-style-type: none"> ▪ cooperativeness ▪ respect for self and others ▪ courage ▪ responsibility to self and others
Discipline Tools	<ul style="list-style-type: none"> ▪ rewards ▪ punishment ▪ threats ▪ bribes ▪ yelling ▪ demanding 	<ul style="list-style-type: none"> ▪ pleasing ▪ hoping ▪ pleading ▪ giving in ▪ giving up 	<ul style="list-style-type: none"> ▪ logical consequences ▪ “I” messages ▪ natural consequences ▪ family meetings ▪ negotiation ▪ asking
Characteristics of parent-child relationship	<ul style="list-style-type: none"> ▪ power struggle ▪ anger ▪ rebellion ▪ coldness ▪ distrust 	<ul style="list-style-type: none"> ▪ service by parent ▪ demands by child ▪ resentment 	<ul style="list-style-type: none"> ▪ warmth ▪ sharing ▪ mutual respect ▪ conflict resolution
Qualities of parent	<ul style="list-style-type: none"> ▪ controlling ▪ critical ▪ harsh ▪ loud ▪ strong 	<ul style="list-style-type: none"> ▪ indecisive ▪ accepting ▪ timid ▪ inconsistent; when frustrated, parent may swing to autocratic style, then back ▪ weak ▪ absent 	<ul style="list-style-type: none"> ▪ firm ▪ kind ▪ encouraging ▪ cooperative ▪ strong
Typical qualities of a child	<ul style="list-style-type: none"> ▪ disobedient ▪ sneaky ▪ strong-willed ▪ rebellious ▪ lacking in self-discipline 	<ul style="list-style-type: none"> ▪ disrespectful ▪ spoiled ▪ insecure ▪ self-centered ▪ lacking in self-discipline 	<ul style="list-style-type: none"> ▪ cooperative ▪ responsible ▪ courageous ▪ team-centered ▪ self-disciplined
History	<ul style="list-style-type: none"> ▪ dominant until 1950s ▪ still used by most parents because it’s what they know 	<ul style="list-style-type: none"> ▪ backlash to autocratic style ▪ popular in 1950s and 1960s ▪ in busy families, often happens by default 	<ul style="list-style-type: none"> ▪ has been gaining popularity since 1970s ▪ few parents raised this way, but logical commonsense approach makes it easy to teach and learn

Taken from, *The Theory of Active Parenting*, 1990.