

Dr. Anuradha H S

CONFIDENT PARENTING HUB



Top 7 Secrets of Confident Parenting

Birth of a Parent

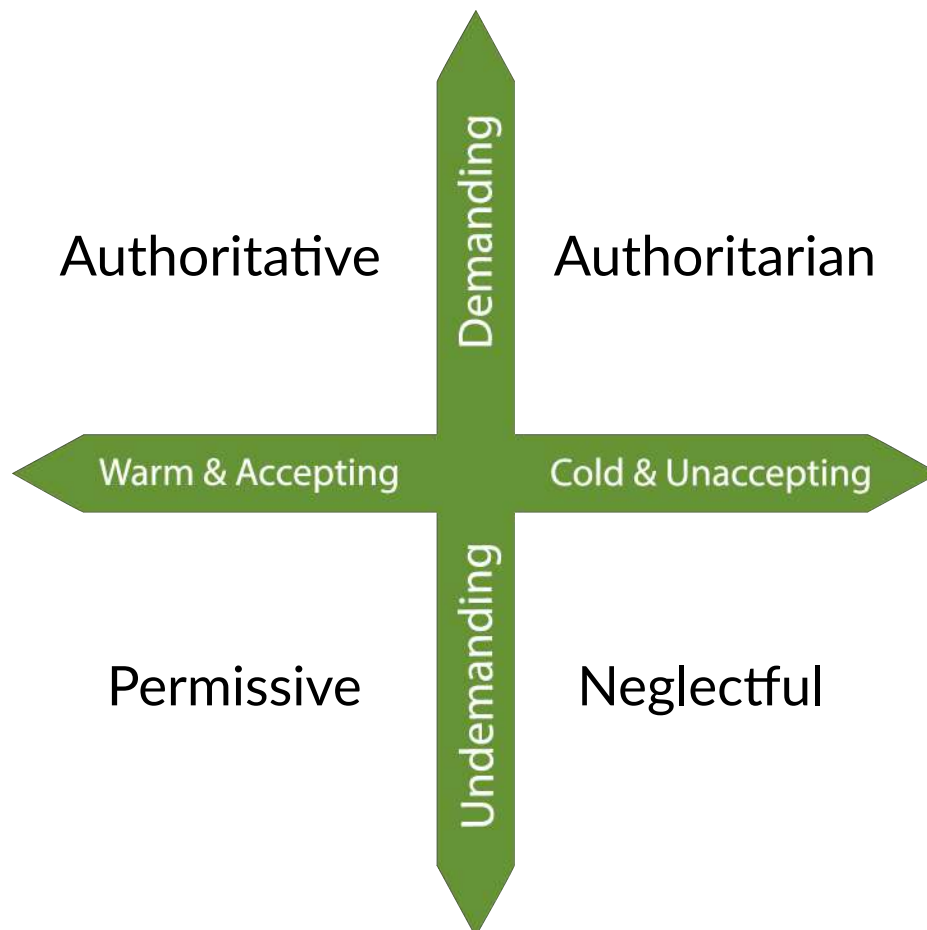
Becoming a parent is exciting and life changing. Their focus shifts from self and partner time to the baby as the center of their world. But new parents are often confused, insecure and struggle to cope up with the parenting challenges of the current world.

Why do parents struggle?

Parents continue to adopt parenting styles that are not aligned to their parenting goals. But the problem is that your parenting choices have a profound impact on the your future goals as apparent and the outcome in your child.

What are the different types of traditional parenting styles?

4 Parenting Styles



Authoritarian or Controlling parenting style

In this style, the parents are the bosses of the house and children have no say at all. Parents decide everything. Expectations are high but responsiveness is low or absent. These children grow up to be individuals unable to develop decision-making & problem solving skills, have poor self worth and struggle in their personal relationships They may themselves end being controlling adults.

Permissive Parenting

Here, the children rule the house and the parents are unable to set boundaries. Parental expectations are low and responsiveness is high. The children grow up to be adults who are manipulative, have an entitlement attitude, Unable to achieve their full potential. They also have no resilience and self esteem and struggle in their professional and personal relationships

.

Authoritative Parenting

In this type of parenting, there is balance. The expectations and responsiveness is high. Children are involved in decision-making but know their boundaries. These children grow up to be independent and resilient and are able to reach their full potential as adults on personal as well as professional front.

.

Neglectful / Uninvolved Parenting

In this style of parenting, there are no expectations and no responsiveness. Children are left on their own to figure out everything for themselves and receive no warmth and care. They grow up to be individuals who have no self worth, find it difficult to have meaningful relationships and experience disappointment and frustration on personal and professional goals

.

Parenting styles of new age parents

There are a few styles that have emerged in modern times and each one has its pros and cons

Instinctive Parenting

In this style, parents rely on their gut instinct to parent. They feel that if their kid is balanced and happy then this is what works for them. They don't believe in learning or drawing forth from traditional or other types of parenting styles. While this produces happy children, it also may prevent the child from taking risks and losing out on some benefits of other parenting styles that work. The parents may also experience self doubt and anxiety at times.

Helicopter parenting

This also called over parenting. Here the parents find it hard to let go. They are constantly worried about their child coming to harm and this can prevent the child from learning age appropriate life skills and independence. They may also grow up to be anxious adults who are unable to take decisions and lack a growth mindset. And so the This kind of parenting emerged with the advent of smart phone and tracking systems as the cell phone has become like an umbilical cord that is never cut.

Free range Parenting

In this style of parenting, parents provide & encourage the child complete freedom and independence that is appropriate for their age and development.

Advantages of this style include Child is self-reliant and responsible

Kids get to have unsupervised time to explore their surroundings

Kids learn to take personal risks within a framework of safety

Free-range parents believe in giving their children a happy childhood back, and a 100% happiness. The debate around this style of parenting revolves around safety and whether kids will have the skills to cope up with the ups and downs of life

With so many different styles, parents get very confused and often link parenting style to the degree of achievement of their child. While success and achievement are what very parent wishes for, the escalation of mental health problems, stress and anxiety and relationship breakdown in today's generation, is definitely the result of a parenting with a wrong focus . Hence we need to look at parenting that helps or children to stay human yet independent and truly successful in a technology driven world.

What makes Confident Parenting Style Different?

Confident Parenting style is based on the following building blocks

1. Kindness & firmness
2. Warmth & Safety
3. Problem solving skills
4. Realistic and long term goals instead of quick fixes to behavior by aligning with the child's developmental needs
5. Using short term challenges as opportunities to teach problem solving, decision making and building brains
6. Setting the foundation for raising kids who are smart, resilient and independent

In order to achieve confident parenting goals, I have identified three qualities that a parent needs to acquire.

These 3 qualities ensure that the kids grow up to be smart, confident and resilient.

