

THE 5 PARENTING STYLES

AUTHORITARIAN

High Demands

Low Responsiveness



Strict Rules



High Demands



Little Warmth



Harsh Discipline

AUTHORITATIVE

High Demands

High Responsiveness



Clear Limits



Open Communication



Logical Consequences



Nurturing

PERMISSIVE

Low Demands

High Responsiveness



Indulgent



Few Rules



Avoids Conflict



Like a Friend

UNINVOLVED

Low Demands

Low Responsiveness



Emotionally Distant



Few Expectations



Little Guidance



Minimal Involvement

GENTLE

Attuned

High Responsiveness



Empathy



Respectful Communication



Co-regulation



No Shaming