

Tamara Dundas

English 106

11/22/24

Argument Essay

### **The Best Parenting Style**

Growing up, I always appreciated the way my parents raised me. They allowed me to express myself and pursue the career paths I was most passionate about, while still maintaining a somewhat strict environment to ensure I was respectful of others, safe, and well-cared for. I noticed that my experiences differed significantly from those around me. My cousins, for instance, had parents who were very strict, pushing them towards specific career paths like becoming a doctor, lawyer, or nurse, and keeping them under constant supervision. On the other hand, some of my friends had parents who seemed to have no control or concern about their safety, career choices, or whereabouts. It wasn't until I became older that I realized the profound impact these different parenting styles had on our behavior and development.

In the 1960s, developmental psychologist Diana Baumrind identified three primary parenting styles: authoritative, permissive, and authoritarian, with a later addition of uninvolved (Psychology Today, 2020). Baumrind's work helps us understand how different approaches to parenting can shape a child's growth, behavior, and relationships. While every parent doesn't exactly fit into one style, these categories provide a framework for understanding the impact of different parenting approaches.

Utilizing authoritative parenting styles ensures that future generations will be well-rounded, emotionally capable individuals prepared to face life's challenges with confidence and

resilience. This essay will discuss why parents utilize different parenting styles and the importance of choosing an appropriate style. It will explore the impact each parenting style has on children and the long-term effects on their development. Finally, it will analyze various perspectives on parenting styles, highlighting which styles are favored or criticized by different viewpoints and explaining why certain perspectives consider specific parenting styles to be the most effective for child development.

Parenting is crucial because it significantly influences a child's development and future. Negative or poor parenting can lead to issues such as negative self-perception, control issues, rebellion against authority, increased likelihood of legal troubles, antisocial tendencies, low resilience, and difficulty forming relationships, often stemming from underlying psychological and social challenges (Stiles, 2022). Without effective parenting, children face various challenges that could have detrimental effects on them. Therefore, careful consideration must be given to choosing a parenting style. The way parents raise their children significantly impacts their emotional health, social skills, response to rules and discipline, academic success, and many other long-term factors (OECD, 2020). Parenting has a profound and wide-ranging influence on multiple areas of a child's development, shaping future outcomes.

Understanding the various parenting styles and their impacts allows for the implementation of effective strategies and skills that better support children. In the source "Parenting Styles: A Closer Look at a Well-Known Concept," Kuppens, an expert in sociology, and Ceulemans, an expert in psychology, reveal that parenting styles are based on parental support and behavioral control, identifying four types: authoritative, authoritarian, permissive, and uninvolved (Kuppens and Ceulemans, 2019). Authoritative parenting involves a high level of support and control. In contrast, authoritarian parenting involves a low level of support but a high level of control. Permissive parenting involves a high level of support and a low level of

control. The most recently added parenting style, uninvolved, involves a low level of support and control. Heather Nhan, a researcher who explored parenting styles and social dynamics, revealed that parents may choose different parenting styles based on various factors, such as their own upbringing, cultural influences, personal beliefs, and life circumstances (Nhan, 2019). By acknowledging these influences, we can develop more effective parenting strategies that support children's mental health and behavior by addressing specific needs within the family, ensuring that parenting approaches are well-rounded and considerate of various dynamics.

This holistic approach promotes better mental health and positive behavioral outcomes for children. Through psychological expertise, Judith Smetana acknowledged that parenting styles can be cyclical, with children adopting parenting styles from their own parents, leading to a generational issue (Smetana, 2017). Understanding the generational impacts of parenting styles ensures that parents engage in beneficial parenting styles that will be utilized by future generations, breaking negative cycles and promoting healthier family dynamics.

Research by Diana Baumrind, an expert psychologist, highlights the significant benefits of authoritative parenting on children's development. Her research has shown that children raised with authoritative parenting styles tend to have better emotional health, social skills, and academic performance through a structured yet supportive environment (Baumrind, 2013). This parenting style, which balances warmth and structure, helps children develop confidence, resilience, and a sense of responsibility. Authoritative parenting is not about being overly strict or lenient but about finding a balance that fosters healthy development. It helps children develop critical thinking skills, emotional regulation, and a strong sense of self-worth. Professionals often refuse to endorse other parenting styles that do not provide the same level of support and structure, as they believe it poses a risk to the child's overall development (Bredehoft, 2020). These requirements are in place because authoritative parenting has been shown to create

environments where children can thrive, reducing behavioral issues and improving academic outcomes.

Authoritative parenting has been shown to enhance children's development, making it a highly effective approach. According to Kuppens and Ceulemans (2018), the authoritative parenting style has consistently been associated with positive developmental outcomes in youth, such as psychosocial competence and academic achievement. In arguing this claim, the authors emphasize the effectiveness of authoritative parenting styles on a child's development, proving it to be superior to other parenting styles.

The Regain Editorial Team, composed of professional researchers, writers, editors, and licensed therapists, discusses various examples of parenting styles and their effects on behavior and development. An example of authoritative parenting from this source is when a teenager secretly skips school. The authoritative parent talks to them about their choice, listens, and explains their disappointment and the need for limits. The teen, already aware of the rule about attending school, isn't surprised by the consequences, which the parents ensure are enforced (Regain Editorial Team, 2024). This approach helps teens understand the expectations and the importance of adhering to them, fostering responsibility and accountability. Children raised with authoritative parenting are typically healthy, well-adjusted, independent, cheerful, outgoing, energetic, self-controlled, curious, cooperative, and achievement focused (Regain Editorial Team, 2024). These traits foster a supportive environment while also setting clear expectations and boundaries, allowing children to develop the skills and confidence they need to thrive.

The exploration of other parenting styles has led to differing views on whether authoritative parenting is beneficial for children's behavior. Some believe that authoritative

parenting may not work for every child and that it can overlap with other parenting styles, making it ineffective and detrimental to a child's development due to the lack of structure.

According to Ivy B., a blogger and writer who draws on her experiences from parenting and research, parenting may not work for every child dynamic (Ivy B, 2023). However, this idea is flawed. Every child is different, and parenting styles should be adapted to fit each child's needs. Authoritative parenting is very flexible and can be adjusted in different situations to accommodate a child's response and behavior. Imagine a child struggling with homework. An authoritative parent might first set clear expectations about the importance of completing homework. However, if the child is feeling overwhelmed, the parent might adjust their approach by offering support and encouragement, such as breaking the homework into smaller, manageable tasks and helping when needed. This flexibility helps the child feel supported while still maintaining the importance of responsibility and discipline (Parenting for Brain). This style fosters a nurturing and open relationship while setting boundaries and maintaining expectations, which is best for a child's development.

Some may argue that uninvolved parenting is better, but it often leads to emotional neglect and poor social skills. Authoritative parenting provides emotional support and guidance, allowing children to develop secure attachments and high self-esteem (Gill and Higuera, 2019). This emphasizes that authoritative parenting is more beneficial for a child's overall development and well-being. For example, when the child of an uninvolved parent skips school, the parent won't punish, respond, or address the issue unless the child's actions have consequences for the parent (Regain Editorial Team, 2024). These styles can lead to poor academic performance, low self-esteem, and difficulties in social interaction due to the lack of guidance. Children with neglectful parents often feel there's something wrong with them, leading to low self-esteem and

little self-confidence (Regain Editorial Team, 2024). The lack of emotional connection and support can have a long-lasting effect on children's self-worth and confidence, which is detrimental to their development.

Others may believe that permissive parenting is better, but it often results in a lack of self-discipline and responsibility. Authoritative parenting provides a balance of structure, teaching children self-discipline and responsibility, and helping them understand the consequences of their actions (Perry, 2024). The lack of structure in permissive parenting can lead to issues with self-regulation and accountability. For example, when a teenager skips school, a permissive parent might or might not address it. If they do, they let the teen control the conversation and do not enforce consequences. They avoid punishment to stay liked by their child and take no steps to prevent it from happening again (Regain Editorial Team, 2024). This style can lead to challenges and a lack of self-discipline, respect for authority, and an understanding of the importance of rules and responsibilities. Children raised by permissive parents often struggle to set limits, act impulsively, lack self-control, seek to control others, are aimless, unfocused on achievement, and tend to be rebellious (Regain Editorial Team, 2024). This is because permissive parents often do not set clear rules or expectations, leading to a lack of self-regulation and understanding of limits. Inconsistent discipline means children do not learn the consequences of their actions, resulting in poor self-control. Overindulgence can cause children to expect to get their way, leading to controlling behavior and difficulty handling frustration. Without structure, children may become aimless and unfocused, struggling to set and achieve goals. Additionally, the absence of clear guidelines can lead to rebellious behavior as children test boundaries to understand what is acceptable. This parenting style can create a warm and nurturing environment but lacks structure and discipline, hindering a child from developing essential life skills.

Some may think that authoritarian parenting is better, but it can lead to low self-esteem and emotional withdrawal. Authoritative parenting allows children to feel valued and understood, fostering confidence and emotional health (Perry, 2024). While authoritarian parenting may seem effective in maintaining discipline, it can negatively impact a child's self-esteem and emotional well-being. An example of authoritarian parenting is when a teenager skips school, and the parent immediately punishes them, possibly lecturing without listening or negotiating, regardless of the teen's reason (Regain Editorial Team, 2024). This style aims to instill discipline but often declines a child's emotional well-being and ability to develop critical thinking and problem-solving skills essential to their development. Children raised by authoritarian parents often become fearful, have low self-esteem, and poor social skills. They show love through obedience and may misbehave or struggle to express themselves when away from their parents (Regain Editorial Team, 2024). This parenting style can cause children to develop attachment styles that make it difficult for them to be independent or develop essential skills for their growth.

Using the scenario of a student skipping school and the parent's response to the situation, authoritative parenting is clearly the most effective style. While many benefits to authoritative parenting exist, such as fostering a safe and nurturing environment while maintaining discipline, we must also acknowledge that this parenting style also has some flaws. The balance between firmness and warmth can be difficult to maintain consistently (Vallejo, LCSW, 2024). Imagine a student skips school, and the authoritative parent responds by setting clear consequences while also discussing the reasons behind the behavior. The parent might enforce a punishment, such as grounding, while also offering support to address any underlying issues. However, maintaining this balance can be challenging. For instance, if the parent is particularly stressed or busy, they might struggle to consistently apply both discipline and emotional support. This inconsistency

can confuse the child and undermine the effectiveness of the authoritative approach Marie, 2022). Due to the high demands and differing parenting techniques, this style can present complications and issues.

After careful research, authoritative parenting stands out as the most effective and beneficial style for child development. By balancing warmth and structure, it fosters a nurturing environment where children can thrive emotionally, socially, and academically. Throughout this essay, we have explored why parents choose different parenting styles, the importance of selecting an appropriate style, and the profound impact these styles have on children's development and long-term well-being.

The analysis of various perspectives has shown that while each parenting style has its merits and drawbacks, authoritative parenting consistently produces the best outcomes. This approach not only supports the overall development of children but also ensures that future generations will continue to benefit from a legacy of well-rounded, emotionally capable individuals. As we consider the diverse opinions on parenting, we understand that adopting authoritative parenting practices can create a positive ripple effect, shaping healthier families and communities. By embracing this balanced approach, parents can equip their children with the skills and resilience needed to face life's challenges with confidence and grace.

## Citations

“Authoritarian Parenting: The Pros and Cons, according to a Child Psychologist.” Parents,

<https://www.parents.com/parenting/better-parenting/style/authoritarian-parenting-the-pros-and-cons-according-to-a-child-psychologist/>. Accessed 31 Oct. 2024.

Baumrind, Diana. “Authoritative Parenting Revisited: History and Current Status.” Authoritative Parenting: Synthesizing Nurturance and Discipline for Optimal Child Development, edited by Robert E. Larzelere, Amanda Sheffield Morris, and Amanda W. Harrist, American Psychological Association, 2013, pp. 11–34. <https://doi.org/10.1037/13948-002>.

Higuera, Valencia. “What Is Authoritative Parenting?” Healthline, 26 Sept. 2019, reviewed by Karen Gill, M.D., <https://www.healthline.com/health/parenting/authoritative-parenting>.

Ivy B. “Parenting May Not Work for Every Child Dynamic.” SAHM, plus..., 2023, <https://www.sahmplus.com/>. Accessed 22 Nov. 2024.

Kuppens, Sofie, and Eva Ceulemans. “Parenting Styles: A Closer Look at a Well-Known Concept.” Journal of Child and Family Studies, vol. 28, no. 1, 2019, pp. 168–181. SpringerLink, <https://link.springer.com/article/10.1007/s10826-018-1242-x>. Accessed 31 Oct. 2024.

Li, Pamela. "Authoritative Parenting: Examples, Characteristics, and Effects." Parenting for Brain, 26 Feb. 2024, updated 1 Dec. 2024, <https://www.parentingforbrain.com/authoritative-parenting/>.

Maccoby, Eleanor E., and John A. Martin. "Socialization in the Context of the Family: Parent-Child Interaction." Handbook of Child Psychology, edited by Paul H. Mussen, vol. 4, Wiley, 1983, pp. 1-101. SpringerLink, [https://link.springer.com/referenceworkentry/10.1007/978-94-007-0753-5\\_2071](https://link.springer.com/referenceworkentry/10.1007/978-94-007-0753-5_2071). Accessed 31 Oct. 2024.

Marie, Simone. "All About Authoritative Parenting: Authoritative Parenting, Defined; Four Parenting Styles; Effectiveness; Effects; Summary." Healthline, 24 Apr. 2022, medically reviewed by Akilah Reynolds, PhD, <https://psychcentral.com/health/authoritative-parenting>.

Nhan, H. "How Do Parenting Styles, Parental Gender, and Culture Impact Children's Mental Health and Behavior?" Northern Light, 2019.

"Parenting Styles." Psychology Today, <https://www.psychologytoday.com/us/basics/parenting/parenting-styles>. Accessed 22 Nov. 2024.

"Permissive Parenting: The Pros and Cons, according to a Child Psychologist." Parents, <https://www.parents.com/parenting/better-parenting/style/permisive-parenting-the-pros-and-cons-according-to-a-child-psychologist/>. Accessed 31 Oct. 2024.

Perry, Christin. "Authoritative Parenting Is the Best Way To Raise Kids, According to Experts—Here's What to Know." Parents, updated 21 Feb. 2024, reviewed by Michelle Felder, LCSW, MA, <https://www.parents.com/parenting/better-parenting/style/authoritative-parenting/>

parenting-is-the-best-way-  
to-raise-kids-according-to-experts-eres-what-to-know/.

Regain Editorial Team. “Parenting Styles: Types, Examples, And Consequences.” Regain, 21 Nov. 2024, <https://www.regain.us/advice/parenting/parenting-styles-types-examples-and-consequences/>.

“Negative Parenting Styles: Signs and Effects on Kids.” Psych Central, <https://psychcentral.com/health/negative-parenting-style-contributes-to-child-aggression>. Accessed 22 Nov. 2024.

Smetana, Judith G. “Current Research on Parenting Styles, Dimensions, and Beliefs.” Current Opinion in Psychology, vol. 15, 2017, pp. 19–25, <https://doi.org/10.1016/j.copsyc.2017.02.012>.

Social and Emotional Skills for Better Lives. OECD, 2024, [https://www.oecd-ilibrary.org/education/social-and-emotional-skills-for-better-lives\\_4e3b733e-en](https://www.oecd-ilibrary.org/education/social-and-emotional-skills-for-better-lives_4e3b733e-en). Accessed 31 Oct. 2024.

“There Is a Right and a Wrong Way to Parent: A Closer Look at a Well-Known Concept: Parenting Styles.” Psychology Today, 5 Feb. 2020, reviewed by Chloe Williams, <https://www.psychologytoday.com/us/blog/collective-healing/202402/empowered-parenting-requires-radical-acceptance>.