

KNOW YOUR PARENTING STYLE ??

BY SWATI TRIPATHI



ABOUT ME

I'm Swati, have 8+ years of experience making your parenting journey easier, happier, more satisfied, and confident. I'm the author of book "The Power Of Parenting," and the founder of "The Elegancia Play School". I am predominantly the originator of the "Curated Parenting Hub" which cater to early childhood education and empower parents to help their children to reach their full potential.

I'm on a mission to help parents find happiness and deep affinity in their parenting journey.



Swati Tripathi

Parenting Counselor | Parenting Coach
| Parenting Advisor | Author Of
Bestselling Book "The Power of
Parenting" | Founder of "The Elegancia
Play School" | Host Workshops for
Corporates and Institutions

Introduction

WHAT IS PARENTING



. It is an art that consists of many theories behind it, some scientific and some practical. All in all, this is the love, dream and care of parent towards their child. Some may call it a process of raising children while supporting their physical, emotional, social need. Some may call it is a goal to ensure good health for children, prepare them for the future and transmit cultural values. Raising children is one of the toughest jobs and for which sometimes we may feel we are less prepared. Someone said humans are also like a machine; if that is the case, then parenting is a job without an operational manual. At last, parenting is nothing more than the care of the father and the love of the mother towards the child.

Parenting is
just one
word, but it
contains a
world for
most of us



TYPES OF PARENTING:

One of the interesting things about being a parent is that there are many variations in how we raise our children. At the same time, there are many similarities from one parent to another. In fact, there are enough common things that researchers have tried to group parents into four universal parenting styles.

Your parenting style refers to the combination of strategies that you use to raise your children. The work of Diane Baumrind in the 1960s created one commonly referenced categorization of parenting styles. The four Baumrind parenting styles have distinct names and characteristics

- Authoritative
- Authoritarian or Disciplinary
- Permissive or Indulgent
- Uninvolved



TYPES OF PARENTING:

To simplify these parenting type many new generations parenting style came which often reflect generational differences in parenting. These parenting styles are modified or customized version of the above parenting styles but have their own identity.

Tiger Parent: These parents are strict and demanding, and they make sure that academics and extra-curricular school activities are a priority. They set extremely high goals for their child.

Once each goal is reached, another is immediately set, so there is no break from the parent's demands. They expect first-time obedience, excellence in every endeavour and a child who never talks back.



TYPES OF PARENTING:

Elephant Parent: Opposite to Tiger parenting, these parents allow their children space to grow and enjoy life. They focus on children's happiness. They want kids to enjoy each of their childhood moments. These parents are relaxed about their child's academic achievement or sporting prowess. Instead, they value emotional security and connection more than anything.

Lazy Parenting: Some call it Free-range Parenting as well. They believe their role is to trust your child. You equip them with the skills to stay safe and then back off. Children learn to use their freedom, be autonomous and manage themselves. They may also be better able to handle mistakes, be more resilient and take responsibility for their actions.



TYPES OF PARENTING:

Helicopter Parenting: These parents are over-protective parents who control each and every aspect of their kids' lives so thoroughly. They step in to prevent your child's struggle, over-involved in their child's every activity, especially education. These parents are too active when it comes to protecting their children from all possible threats, and they end up limiting their kids' freedom to act on their own, make their own decisions, and learn from their own mistakes.

Bulldozer Parenting: These are the new generation of helicopter parents, who take overparenting to the next level, rather than hovering, these parents actively prepare the way for their children to succeed; they mow down all obstacles they see in their child's path and also known as Lawnmower or Snowplow Parents. These parents are easily willing to drop everything to fulfil their child's wants and demands, no matter how small or big. These parents often have good intentions and don't want their children to experience struggle.



TYPES OF PARENTING:

Lighthouse Parenting: This is balanced parenting between Helicopter and Lazy. Usually seems like a stable force like role model on the shoreline so their child can measure themselves against it. These parents' job is to look down at the rocks and make sure that they do not crash against their children. These parents look into the waves and trust their children will eventually learn to ride them on their own. But they will prepare them to do so.



TYPES OF PARENTING:

Confused with the above parenting style. Here's a simple example of how each of the parents of the above parenting style might respond to a child's request to go nearby store alone:

- Tiger parent: "No, you need to study for another hour."
 - Elephant Parent: "Yes, let go together and do shopping to make you happy."
 - Helicopter parent: "Sure, I'll come along with you for shopping and make sure that you stay safe."
 - Bulldozer parent: "No, I'll go and get all the things that you need."
 - Lazy parent: "Sure. Can you pick up some additional things from the store as well?"
 - Lighthouse Parent: "Sure, I'll come along with you and stay outside of the store so that you can shop alone."
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TYPES OF PARENTING:

Again, the million-dollar question? What is the best way of parenting?

One of the biggest parenting challenges is figuring out how to strike the right balance between all the things you need to do to raise a child. You need to love unconditionally but avoid smothering. You have to establish rules and set limits, but not be overly harsh or punitive. You want your child to have some independence and be able to learn for themselves, but not feel like they can't rely on you for support. You want your child to try to There is no universal rule of parenting that says which is best. One parenting style might fit one child and can be helpful, but at the same time, that might not be helpful for others. So, we have to be mindful and maintain and balance. Choose what is right for your child based on the time and act accordingly. Researches have shown if both mother and father follow a different style of parenting, that also help of holistic development of the child. Parenting is a process, it cannot be right all the time, so we need to focus on the future and make sure that when our child become adults, they become responsible adult. With any parenting style, it's important to consider how it'll affect your child now and in the future. Make a balance and conscious decision. Look out to mitigate the risk of disadvantages in your parenting styles. Later in this book, I will share a few simple strategies and techniques that you can embed in your daily life, and by using them, you can enhance your parenting style. I am sure you will become a wonderful parent and enjoy each moment with your child in their childhood to make awesome memories.

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