

**St. Francis School, Borivali
Seminar for Parents of Std VIII to X**

Parenting Gen Z

By

Dr. Bro. George Palackal sg

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Overview:

Part I : Four Types of Parenting Styles

Part II : Understanding Gen Z

Part III: Parenting Gen Z: Dos & Don'ts

Part IV: Effect of Social Media on Teens

Recap & Question and Answer



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What is parenting style?

Overall approach or strategy that parents use to raise their children



Shapes the child's development and behaviour

Four Types of Parenting Styles:

1. Authoritarian Parenting
2. Authoritative Parenting
3. Permissive Parenting
4. Uninvolved Parenting



1. Authoritarian Parenting Style

Strict and controlling approach:

- **Characteristics:** High demands, low responsiveness
- **Emphasis on obedience.**
- **Example:** Setting strict rules and expecting unquestioning compliance.
- **Effect:** May lead to increased obedience but can also result in anxiety, low self-esteem, and rebellion in children.



A group of people skydiving in formation against a blue sky. The skydivers are arranged in a large, intricate pattern, possibly a heart or a similar shape, with many individuals visible in various poses and colors.

2. Authoritative Parenting Style

Balanced and nurturing approach:

- **Characteristics:** High demands, high responsiveness, and a focus on clear communication.
- **Example:** Setting reasonable expectations, providing guidance, and being supportive.
- **Effect:** Associated with positive outcomes, such as better self-regulation, higher self-esteem, improved academic performance, and healthier social relationships.



3. Permissive Parenting Style

Lenient and indulgent approach:

Characteristics: Low demands, high responsiveness, and little structure.

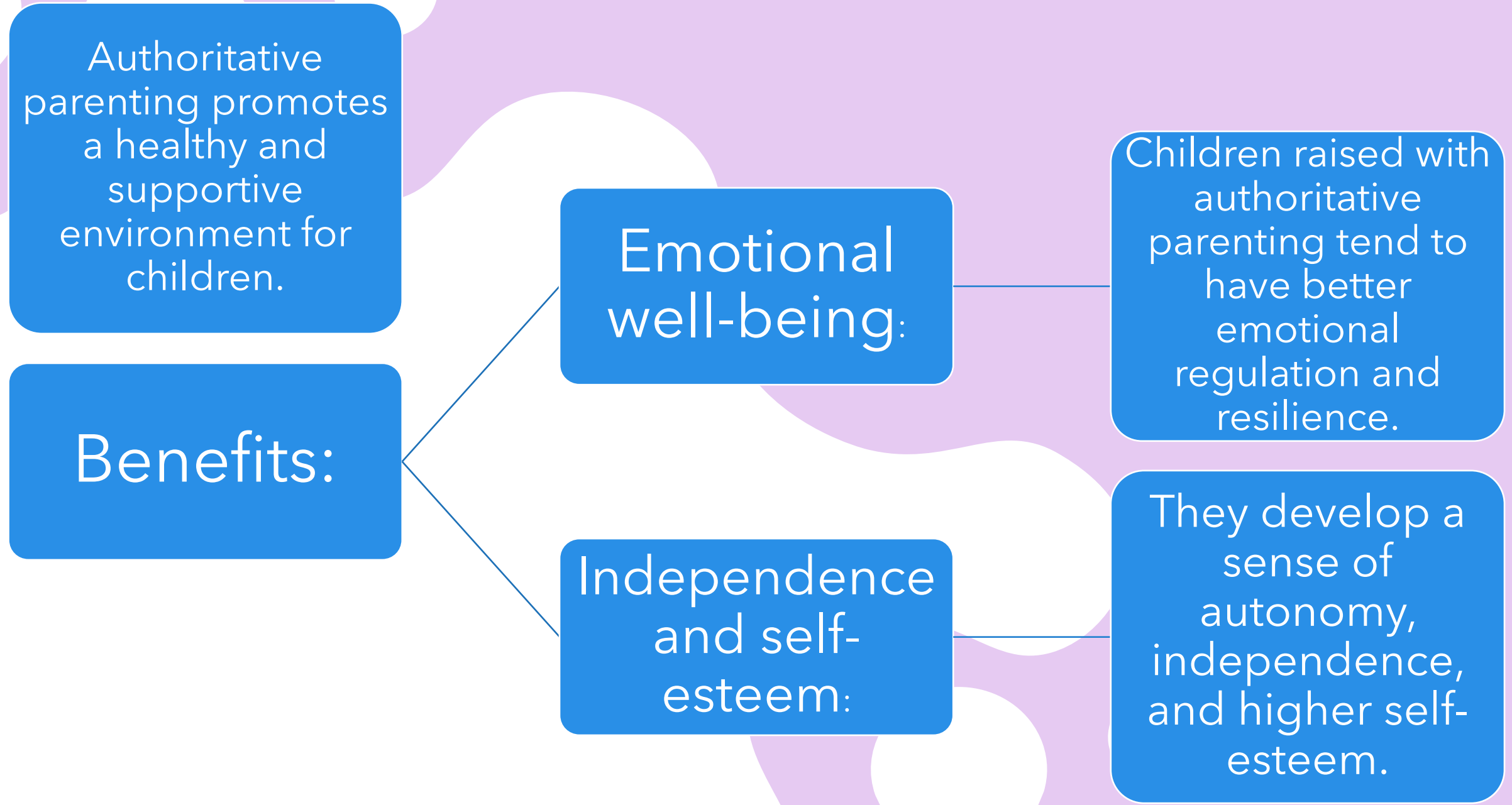
Example: Allowing children to have their way without setting clear boundaries.

Effect: May lead to a lack of self-discipline, entitlement, and difficulties with authority figures.

4. Neglectful/Uninvolved Parenting Style

- Lack of responsiveness and involvement:
- Characteristics: Low demands, low responsiveness, and minimal emotional support.
- Example: Showing little interest in a child's activities or emotional needs.
- Effect: Can result in emotional, social, and cognitive difficulties for children, such as low self-esteem, poor academic performance, and behavioral issues.

Benefits of Authoritative Parenting Style:



Benefits of Authoritative Parenting Style:

Social competence:

- These children typically have better social skills, communication, and healthy relationships.

Academic success:

- Authoritative parenting fosters a supportive environment that promotes academic achievement and motivation.

Lower risk behaviours:

- Children raised with authoritative parenting are less likely to engage in risky behaviours, such as substance abuse or delinquency.

Conclusion:

**What is your
parenting style?
Take a test**

The ideal parenting
style: authoritative
parenting style.

Tips for parents to
develop
authoritative
parenting skills.

Reflect on your own
parenting style and
make adjustments
if needed.