

Parenting Styles & Kids' Temperaments



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Agenda



- Review of parenting styles
- Which type are you?
- What is your child's temperament?
- What is your temperament?
- Issue of “fit”
- Compromise
- Where we go from here



4 Types of Parenting Styles



Authoritative
(positive)

Neglectful
(unengaged)

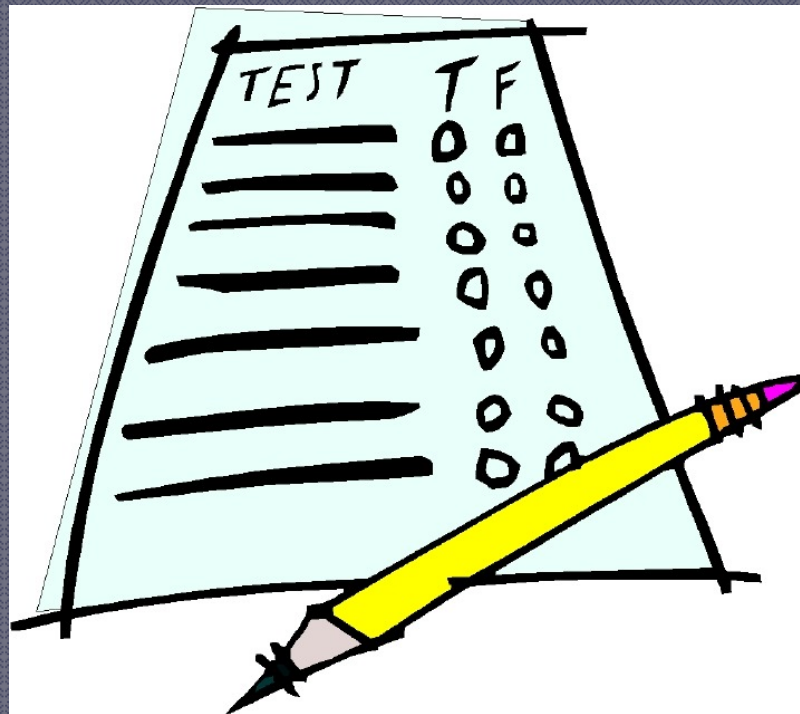
Permissive

Authoritarian
(dominating)

Quiz



- Parenting Style Assessment



Children's Temperaments

- What is temperament?
- Temperament does not change over time
- Intensity of traits can vary
- Why is it important?
- If you have more than one child, how do their temperaments differ?

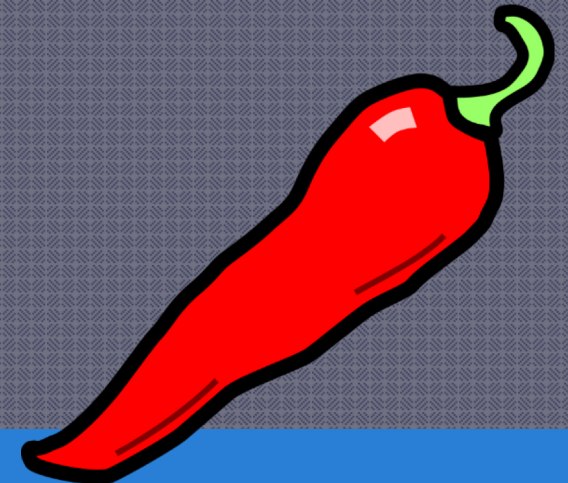
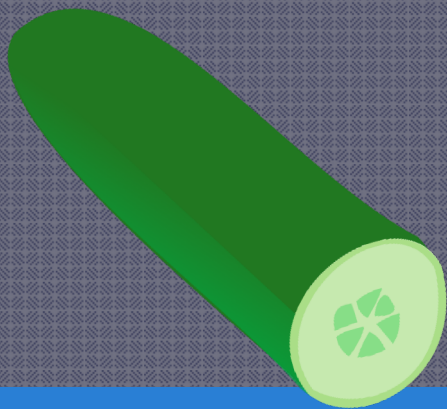
What “flavor” is your child’s temperament?



Parent Temperament



- What is your temperament? Your partner's?
- Same/different from your child/ren?
- How does this impact your relationship?
- Assess your temperament – imagine each aspect of temperament is on a continuum – where do you fall?



Goodness of fit



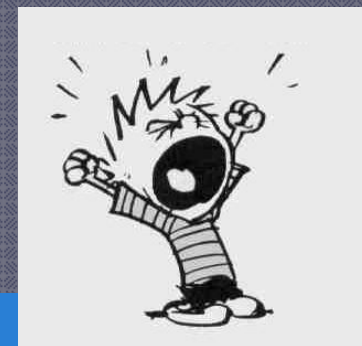
- How do differences between your temperament and your child's impact your parenting?
 - If your temperaments are similar, in some areas that can be a good fit (ex: activity level)
 - In other areas, it could lead to more conflict (if you both have intense emotional reactions)
 - Opposites can sometimes balance each other out
 - UW study - They found that when a mother's parenting style matched up well with her child's temperament, the child experienced half as many symptoms of depression and anxiety.

If you have more than one child, how do their temperaments differ? How does this impact your parenting?

How this Impacts Behavior



- Basics of behaviorism – if your child’s behavior incites a reaction that gets them what they want or allows them to avoid something unpleasant, then the behavior is reinforced
- If you have an inconsistent approach, your child will seek predictability even if it means seeking negative reactions
- If you give in to “bad” behavior, it will only get worse
- Remember the power of praise – “catch them being good”



Helping Your Child Understand Themselves



- Teach your child about what their temperament means to them
- How does it impact their daily life? Friendships? Extracurriculars?
- Modeling – chances are some aspects of your temperament are the same
- Point out differences between them and a sibling or friend. Is one more outgoing? More active?



What's Next?



- Assess your temperament and how this may be impacting your parenting
- Acknowledge any limitations and give yourself credit for your strengths
- Step back and observe yourself in interactions with your child
- Adjust responses where needed
- Adapt your parenting methods to each child's specific needs
- Connect with us on Facebook



Thank You



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