

# Types of Parenting Styles in the Digital Age

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# What do we learn today?

- What is parenting
- Parenting skills
- Parenting styles
- Cyber-Parenting styles
- How to be a smart parent
- How to be a cyber smart parent

# What is Parenting?

- **Parenting** is a process of raising, promoting, and supporting the physical, emotional, social, and cognitive development of a child to adulthood and across the lifespan.
- **Parenting education** is a process that can help caregivers (and prospective caregivers) understand how to provide developmentally-appropriate care in a safe, loving, nurturing, and stable environment that contributes to a child's positive health and well-being.

□ The National Academy of Sciences delineates four major responsibilities for parents:

- Maintaining children's health and safety
- Promoting their emotional well-being
- Instilling social skills
- Preparing children intellectually.

# Four C's of Parenting



**Care**



**Consistency**



**Choices**

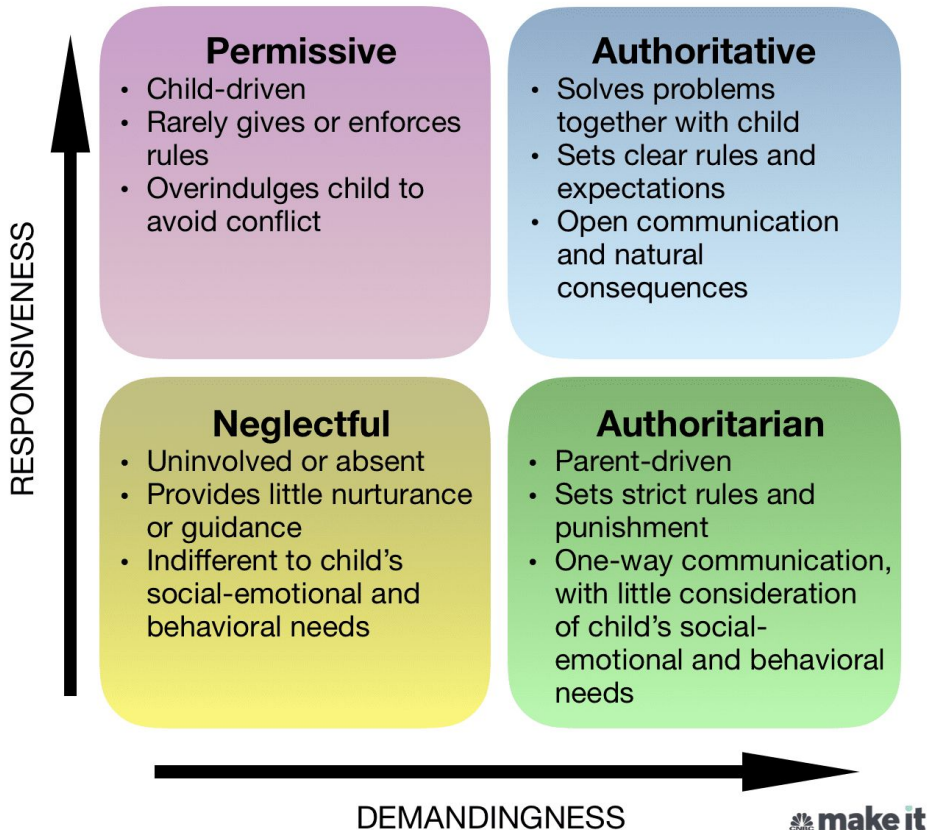


**Consequences**

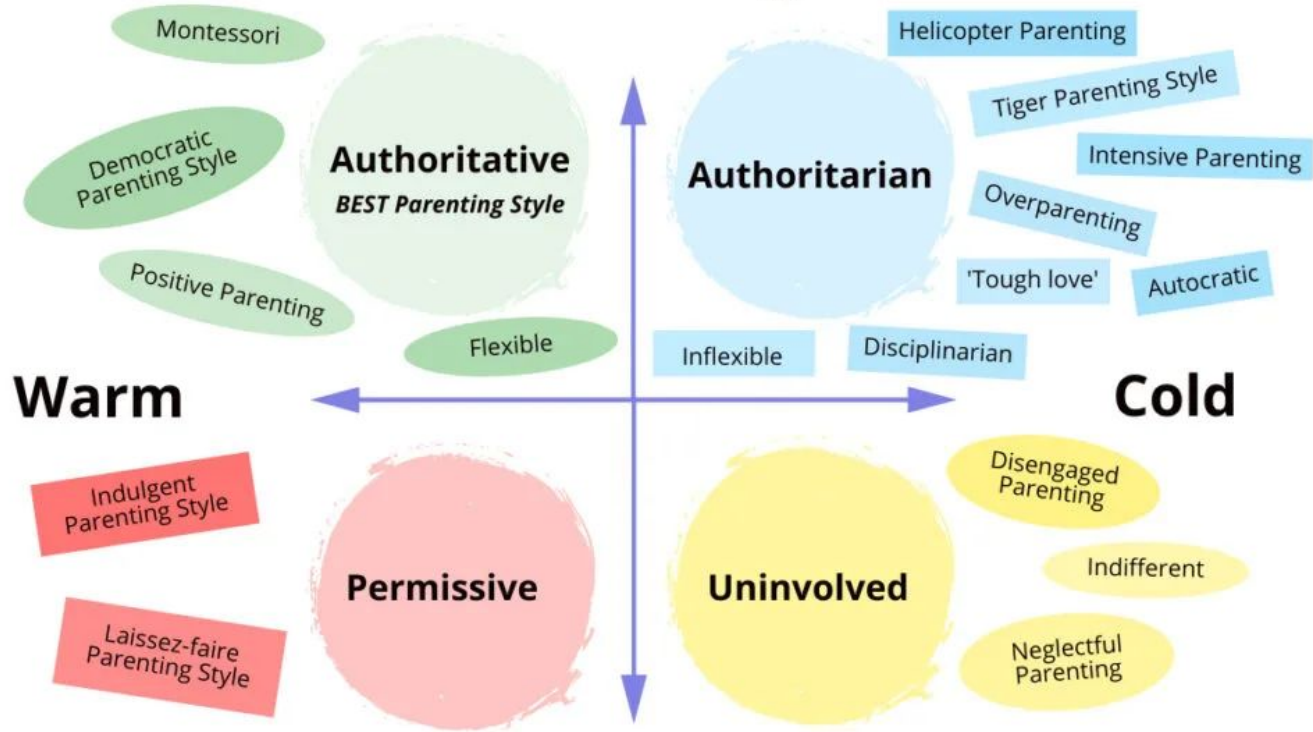
# Parenting Styles



# The 4 Parenting Styles



**Demanding**



**Undemanding**



# Authoritative Parenting

- Most Positive Outcome: Psychological and cognitive development, mental health, social and moral maturity, cooperativeness, self-control, self-reliance, high self-esteem, academic performance, greater socialization, and friendly relations with peers.
- Autonomy, self-reliance, and competence
- Accepting, responsive and demanding
- Set clear and sensible expectations and rules for their children, were receptive to discussions, listened to children, and supported their children's unique characteristics

# Authoritative Parenting as an Internet Parenting Style

- The most effective for the discipline of children
- Setting clear directions and guidelines for children's Internet usage
- Open communication to participate in responsible behavior on the Internet
- Fosters healthy balance between technology use and other activities
- Encourages to make informed choice online



# Permissive Parenting

- Permissive parents display high parental warmth, low involvement, and low control (low demands)
- Parents submitted to the wants, ideas, and wishes of their children, and did not provide instruction
- Dependent, non-achieving behavior in children

# Permissive Parenting as an Internet Parenting Style

- Parents not having specific boundaries for their children
- ‘Digital liberal parents’
- Parents avoid criticism, confrontations, and accept all of the children’s choices when on the Internet
- The laissez-faire approach leads to excessive screen time, exposure to inappropriate content and increased vulnerability to online risk to children.

# Authoritarian Parenting

- Psychological control resulting in children displaying adjustment problems of anxiety, withdrawn and defiant behavior, and aggression
- Authoritarian parents display low parental warmth, low involvement, and high control (high demands)
- Uses punishment to control their children, expects children to follow strict rules, discourages discussions, limits the independence of their children, and decides acceptable behavior for children

# Authoritarian Parenting as an Internet Parenting Style

- Parents imposing strict rules about the activities and time allowed for children to go on the Internet
- Parents discourage an open exchange about children's Internet access
- Expect absolute obedience to follow rules without explanation
- Tell children the exact content they should view and browse on the Internet

- This approach lures the children towards unhealthy practices and usage of malicious tools that increases the threat of cyber crimes.
- Usage of fake and harmful apps
- Risk of being exploited by cyber criminals

# Neglectful/Uninvolved Parenting as an Internet Parenting Style

- Parents leaving their children alone while on the Internet
- Parents do not interfere when their children are on the Internet
- Parents offer little communication, support, or assistance to children regarding their questions or difficulties encountered on the Internet
- Neglectful parents have no technology rules





# What kind of Digital Parent are you?

## Digital Enablers

- These parents give complete freedom to their children when it comes to access to devices and the internet.
- Digital Enablers are mostly hands-off, trusting their children to make their own choices.

## Digital Limiter

- These parents keep their children away from the internet as much as possible and strictly limit screen time.
- Digital Limiters closely monitor the content their children are exposed to.

## Digital Mentor

- These parents spend time online with their children, helping them develop their digital skills by experimenting and failing within a controlled environment.
- Provide their children with tools and resources to navigate the online world. They act as role models and demonstrate the behaviors that children should model online.

# How do these different parenting styles impact their children's online skills and behaviors?

## Digital Enablers

- The children of Digital Enablers explore the online world with no/limited guidance, they most often do not develop the appropriate skills for online behavior.

## Digital Limiter

- The children of Digital Limiters fail to develop the skills for online communication and the necessary critical thinking to keep themselves out of trouble. They are more likely to engage with inappropriate material or to behave inappropriately.

## Digital Mentor

- The mentors raise their children to be responsible digital citizens. Help to develop critical thinking about what they see online and also to coach them on how to behave online

# How can you engage with your children in your role as a Digital Mentor?

- **Whoever has a child should be like a child with him:** Play with them as often as possible because playing has an important and positive effect on their childhood training and nurturing. You can play and explore different websites, platforms, and games with your child. You can use this time to start and maintain conversations about their online activities.
- **Show your children how to work things out by guiding them:** Modeling good values in family, community, and society will help children reflect the same when online. Resilience is a key attribute for children and the ability to engage in critical thinking and find optimal solutions can help your child become a responsible digital citizen.

- **Promote kindness and empathy:** One of the best ways to prevent cyber bullying is to promote kindness and empathy, in addition to the responsible use of the internet, technology, and social media. Kindness, helpfulness, and gratitude can be extended to online behavior.
- **Check your child's destructive emotions:** It is important that parents give freedom and independence to their children according to their capabilities so that they develop their initiative, innate independence, and self-trust.
- **Show your child the bigger picture:** A good role model is someone who adjusts his children's desires wisely and with the correct techniques.

# How to be a smart and aware parent?

## Rule of Thumb

- **“Focus on the donut, not the hole!”** Focus on the Relationship, NOT the Problem.
- **“Be a thermostat, not a thermometer.”** Learn to RESPOND (reflect) rather than REACT.
- **“What’s most important may not be what you do, but what you do after what you did!”**

We all make mistakes, but we can recover. It is how we handle our mistakes that makes the difference.

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- **“The parent’s toes should follow his/her nose.”**
- **“You can’t give away that which you don’t possess.”**  
You can’t extend patience and acceptance to your child if you can’t first offer it to yourself. Often when you simply don’t have the resources within you to meet the demands of parenting. As parents, you may be deeply aware of your own failures, yet you can’t extend patience and acceptance to your child while being impatient and unaccepting of yourself.
- Remember the analogy of the oxygen mask on an airplane!



- **Remember the “BE WITH” ATTITUDES: I’m here, I hear you, I understand, and I care!**

Your intent in your actions, presence, and responses is what is most important and should convey to your child

- **When a child is drowning, don’t try to teach her to swim.**

When a child is feeling upset or out of control, that is not the moment to impart a rule or teach a lesson. It is the time to **ACT**

- **Acknowledge the feeling**
- **Communicate the limit**
  - **Target alternatives**

- **Never do for a child that which he can do for himself.**

You will never know what your child is capable of unless you allow him to try!

- **If you can't say it in 10 words or less, don't say it.**

As parents, we tend to over explain, and our message gets lost in the words.

- **Big choices for big kids, little choices for little kids.**

Choices given must be commensurate with child's developmental stage.

- **Encourage the effort rather than praise the product.**

Children need encouragement like a plant needs water.



- **Don't try to change everything at once!**

Focus on 'big' issues that ultimately will mean the most to your child's development of positive self-esteem and feelings of competence and usefulness.

- **Where there are no limits, there is no security.  
(Consistent Limits = Secure Relationship)**

When you don't follow through, you lose credibility and harm your relationship with your child.

- **Good things come in small packages.**

Don't wait for big events to enter into your child's world—the little ways are always with us. Hold onto precious moments!



# How to be a cyber smart parent

- Educate yourself and understand the digital landscape
- Be proactive in ensuring child's online safety & teach online safety
- Empowering children to make responsible digital behaviour
- Encourage open communication
- Set clear rules and boundaries
- Use parental controls

- Encourage offline activities
- Be vigilant and create awareness about the threats in the cyberspace and cyber bullying
- Be a role model