

Parenting Styles Research Summary

1967: The original research on types of parenting styles, done in 1967 by Dr. Diane Baumrind, only identified 3 parenting styles.

1. **Authoritative** parents set realistic expectations for their children, and they provide their children with fair (or natural) consequences. Of the four parenting styles, this style is most encouraged in modern American society.
2. **Authoritarian** parents tend to be very strict parents,
3. **Permissive** parents tend to be warm and loving but do not set appropriate limits or rules.

1983: As children of the 1960's stereotypical peacenik hippies came of age and the negative outcomes of their permissive parenting style became apparent, Maccoby and Martin expanded the Baumrind parenting styles into [4 parenting styles](#), by identifying *two* types of permissive parents: indulgent and uninvolved or neglectful.

4. **Neglectful** parents are often uninvolved or indifferent; they don't respond to the child's needs and make relatively few demands. This parenting style has been associated with the most negative outcomes for children.

Not much changed in parenting research for almost 20 years! Then, in the 21st Century:

2000: [David H. Olson, Ph.D. identified 5 parenting styles, with the "ideal" style being called "Balanced."](#) Two validation studies of Olson's research, in [2011](#) and [2014](#) identified a sixth that was too difficult to describe clearly.

2015: [Sergey Kapustin](#) has performed a number of empirical studies (Kapustin, 2014, 2015b, 2015c, 2015d) showing that the key factor leading to child-parent problems is the parents' personality, displayed in their parenting styles. Among the personality theories he references is Alfred Adler, which is the source Parents Toolshop® has used to overlay parenting styles identified in parenting styles research, to arrive at the five parenting styles it teaches. An additional study by Kapustin verifies the positive impacts of what he also calls a **Balanced** parenting style on the development of child personality. [National Psychological Journal. 4, 119-129.](#)

2016: Researchers, led by Dr. Kazuo Nishimura, a project professor at the Kobe University Center for Social Systems Innovation, and Dr. Tadashi Yagi, a professor at the Doshisha University Faculty of Economics, conducted an [online survey involving over 5000 parents in January 2016](#) to discover the effects of parenting methods. They *also* identified 5 similar parenting styles and correlations between the Balanced parenting style (they call the style Supportive) with many [long-term outcomes](#), including perceptions about marriage and family, a strong sense of morality, academic success, and higher income levels as adults.

These styles are similar to [the 5 parenting styles](#) taught by Jody Johnston Pawel, LSW, CFLE in [The Parent's Toolshop®: The Universal Blueprint® for Building a Healthy Family \(© 1992-2000, Ambris Publishing\)](#), which overlays Alfred Adler's personality priorities on parenting styles research.

1. **Supportive:** High or average levels of independence, high levels of trust, high levels of interest shown in child, large amount of time spent together (**Similar to Authoritarian & The Parent's Toolshop®'s Balanced**)
2. **Harsh:** Low levels of interest shown in child, low levels of independence, low levels of trust, strict; (**Similar to Autocratic & Power Patrol**)
3. **Strict:** Low levels of independence, medium-to-high levels of trust, strict or fairly strict, medium-to-high levels of interest shown in child, large amount of rules; (**Similar to The Parent's Toolshop®'s Perfectionistic Supervisor**)
4. **Indulgent:** High or average levels of trust, not strict at all, time spent together is average or longer than average; (**Similar to Permissive and The Parent's Toolshop®'s Over-Indulgent**)
5. **Easygoing:** Low levels of interest shown in child, not strict at all, small amount of time spent together, few rules; (**Similar to Neglectful and The Parent's Toolshop®'s Avoider**)

For More Information:

- [Watch a 30-minute video on the history of parenting styles](#) and how Parents Toolshop® identified and taught the 5 parenting styles almost 25 years before research confirmed them.
- To identify your parenting style, [take a Parenting Styles Quiz](#).
- To balance your style and promote teamwork among parenting partners, check out this article.
<http://parentstoolshop.com/parenting-challenges/how-to-build-teamwork-with-different-parenting-styles>