

Parenting Styles Research Summary

Compiled by Jody Johnston Pawel, LSW, CFLE, author of

[*The Parent's Toolshop®: The Universal Blueprint® for Building a Healthy Family* \(© 1992-2000, Ambris Publishing\)](#)

1966, Diane Baumrind, identified 3 models of parental control, which henceforth have been called "parenting style"s. "Effects of Authoritative Parental Control on Child Behavior," by Diana Baumrind in *Child Development*, Vol. 37, No. 4 (Dec., 1966), pp. 887-907 (21 pages). Published By: Wiley

1. **Authoritative** parents set realistic expectations for their children, provide their children with fair (or natural) consequences, and follow through consistently. This is balanced with being responsive and nurturing. They allow children more freedom of expression and set fewer rules than Authoritarian/Autocratic, but follow through more consistently. Of all the parenting styles, this style is what is most associated with positive long-term outcomes, regardless of what it's called. **In 1992, Parents Toolshop® coined the term for this parenting style "Balanced."**
2. **Authoritarian or Autocratic** parents tend to be very strict parents who exert control and their will over their children, through power and coercion. Since 1992, Parents Toolshop® has called this parenting style the "Power Patrol."
3. **Permissive** parents tend to be warm and loving but do not set appropriate limits or rules. Since 1992, Parents Toolshop® has called this parenting style the "Over-Indulger."

1983: Maccoby and Martin expanded Baumrind's parenting styles to [4 parenting styles](#), by identifying two types of permissive parents: indulgent and uninvolved or neglectful. Maccoby, E. E., & Martin, J. A. (1983). Socialization in the context of the family: Parent-child interaction. In P. H. Mussen (Series Ed.) & E. M. Hetherington (Vol. Ed.), *Handbook of Child Psychology: Vol. IV. Socialization, Personality and Social Development* (4th Ed., pp. 1-101). New York: Wiley.

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. Since 1992, Parents Toolshop® has called this parenting style the "Avoider."

1992: *The Parents Toolshop®* overlaid the 4 identified parenting styles with Alfred Adler's Personality Priorities and *predicted* a 5th parenting style(*): Power Patrol, Perfectionistic Supervisor*, Over-indulger, Avoider, coined the term Balanced Parenting Style.

2000: "[Circumplex Model of Marital and Family Systems](#)," by [David H. Olson](#). Published in *Journal of Family Therapy* (2000), by Blackwell Publishers. Two validation studies of Olson's research, in [2011](#) and [2014](#) identified 4 imbalanced parenting styles: Chaotically Disengaged (Avoider), Chaotically Enmeshed (Over-Indulger), Rigidly Disengaged (Power Patrol), Rigidly Enmeshed (Perfectionistic Supervisor), a fifth "Balanced" style, and a sixth that was too difficult to clearly describe.

5. **Structurally Enmeshed** (Olson 2000) or Perfectionistic Supervisor (Parents Toolshop®)

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 Parents Toolshop® overlaid with parenting styles, 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 (which they call Supportive) and many [long-term outcomes](#), including perceptions about marriage and family, a strong sense of morality, academic success, and higher income levels as adults.

The Kobe study's parenting styles are similar to [the 5 parenting styles](#) taught in *The Parent's Toolshop*, 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 & The Parent's Toolshop®'s 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).