# Permissive

**Parent Support Advisor’s Monthly Tips**

**Clues that you are using the Permissive Style**

* Evading discipline issues
* Begging for cooperation
* Acting flustered
* Being unclear or indirect in your requests
* Unable to communicate confidently about what needs to happen
* Worrying about being “liked” by your child
* Fearing that you may upset your child
* Blaming yourself and taking all the responsibility when problems arise
* Being inconsistent with expectations

**Results of Using the Permissive Style**

* Your child does not learn to respect you.
* Your child is not held accountable for their behaviour.
* Proper boundaries are not set.
* Your child has too much power in the house.
* They do not learn to be responsible to fulfil obligations.
* They are not encouraged to learn the tasks of everyday living that they will need as an adult.
* Children may not build healthy self-esteem
* It can be damaging to your relationship with your child
* You do not show yourself to be “in-charge,” and as a result, your child will be less likely to turn to you for guidance in other situations in their life

# Aggressive

**Clues that you are using the Aggressive Style**

* Having many power struggles
* Accusing your child of having bad intentions
* Discrediting your child’s ideas
* Tricking, teasing, humiliating your child
* Giving out harsh punishments
* Rigidly enforcing rules
* Withholding information about expectations
* Having too many strict rules
* Instilling ‘fear’ to gain control

**Results of Using the Aggressive Style**

* The self-esteem of your child is damaged because they do not feel understood or supported.
* The parent-child relationship is weakened as your child would not feel that you are someone they could turn to if they had a problem.
* Children often become either overly submissive or rebellious.
* Children can mirror behaviours.
* It can impact on their development.

# Assertive

**Clues that you are using the Assertive Style**

* Persisting until your requests are followed
* Listening to your child’s point of view
* Giving brief reasons
* Revealing honest feelings
* Politely refusing
* Empathizing
* Setting reasonable consequences
* Accepting your responsibility to be “in-charge”
* Not blaming your child
* Making clear, direct requests
* Having rules that are flexible

**Benefits to Children**

* Children will see you as a source of support.
* They have a sense of safety because rules are in place.
* Children feel lovable and worthy of being cared for as they feel listened to and understood.
* Increases self-esteem
* They develop basic feelings of trust in relationships.
* Children learn to be kind to other people.
* They learn to consider another person’s point of view.
* Children learn to tolerate frustration and disappointment.
* They learn to be responsible and to make decisions and become more independent.