

4 educational styles

Understanding your posture to better support your child

Parenting cannot be improvised.

We move forward with our history, our values, our experiences, and our educational models.

Without always being aware of it, each of us adopts a particular way of setting limits, listening, encouraging, and reacting.

This is what we call parenting style.

It's not about labeling or judging, but about better understanding your approach so you can adjust it if necessary.

Parenting is a journey of constant adjustment.

Becoming aware of how you support your child is the first step toward a more peaceful balance.

1. Authoritarian style

How is it characterized ?

- Strict, non-negotiable rules
- Obedience expected
- Few explanations
- Limited room for emotional expression

What often motivates this style

The desire to do the right thing, to protect, to avoid excesses or difficulties.

Possible impact on the child

- Compliance with rules
- Difficulty expressing emotions
- Lack of self-confidence
- Fear of making mistakes

A framework is essential.

But without dialogue, it can become rigid and detrimental to your child's well-being.

2. The permissive style

How is it characterized ?

- Few clear boundaries
- Difficulty saying no
- Strong emotional closeness
- Desire to avoid frustration

What often motivates this style

The fear of frustrating, hurting, or repeating overly strict parenting.

Possible impact on the child

- Difficulty managing frustration
- Lack of guidance
- Insecurity when faced with external boundaries

**Your affection is essential for your child's emotional balance.
But it is no substitute for a structured environment.**

3. The detached (or neglectful) style

How is it characterized ?

- Little guidance
- Low emotional availability
- Few clearly established rules

What may explain it

Fatigue, overload, isolation, personal difficulties.

Possible impact on the child

- Emotional insecurity
- Seeking attention
- Relationship difficulties

**Despite their excellent ability to adapt, your
child needs presence, attention, and guidance.**

4. The democratic style (or warm authority)

How is it characterized ?

- Clear and explained rules
- Listening to emotions
- Age-appropriate dialogue
- Stable and consistent framework

Positive impact

- Development of autonomy
- Self-confidence
- Emotional security
- Ability to cooperate

**This style is based on balance :
firmness in the framework, flexibility in the relationship. Your child naturally feels safe.**

Mini self-reflection

Take a few minutes to ask yourself :

- Do I explain the rules to my child ?
 - Do I find it difficult to set limits ?
 - Do I expect them to obey without question ?
- Do I acknowledge their emotions even when I enforce a rule ?
 - Do I often change my mind for fear of conflict ?

Always keep in mind that there is no such thing as a perfect parent.

We sometimes oscillate between different styles depending on how tired we are, the context, or the situation, and that's completely normal !

The important thing is awareness and your adjustment.

Key points to remember

- No parent is stuck in one style.
- Structure is necessary for development.
- Emotional listening is just as essential.
- The balance between the two is built gradually.

Your approach evolves with your child.

Practical tips for adjustment

- Set simple and consistent rules.
- Explain the meaning of boundaries.
- Accept emotions without compromising on boundaries.
- Be consistent in your decisions.
- Regularly question your approach.

Each adjustment nourishes your relationship with your child.