

Parenting Your Child Effectively: My Parenting Style

By Marilyn Fox, Extension Educator

Being a parent is one of the hardest jobs in the world. Many split-second decisions are needed to guide and discipline children. Although parenting is never easy, it becomes easier when parents look at their own ideas about raising children. If you want to change their parenting style or improve the way you discipline, they need to begin by looking at how you “correct” your children’s misbehavior and how you feel afterward.

The way I *usually* correct my children is to:

Yes **No**

- Yell and scream
- Spank
- Show disapproval
- Ignore bad behavior
- Scold
- Separate from others

Yes **No**

- Make my child feel ashamed
- Let the child suffer whatever happens
- Threaten, but don’t follow through
- Distract
- Take away privileges
- Other _____

When I correct my children I *feel*:

- _____ Terrible! Everything I do seems wrong and makes our family life miserable.
- _____ So-so. Sometimes I do OK, and sometimes I make mistakes, but I’d like to do better.
- _____ I’m a good parent, but would like to do even better at correcting my children in a positive way.
- _____ Great! I’m a perfect parent and nothing I do can be improved.

If you are not happy with your discipline method, try a new one. But, if you make a big change, expect your child to test you for a little while and try to figure out whether you are serious and mean what you say. Usually, if you stay calm and continue to use positive techniques, the child’s behavior will improve.

Acknowledgment

This fact sheet contains guidelines to help parents interact with their children. It was reformatted from NebGuide G1991 (Revised May 1997) written by Herbert G. Lingren, Extension Family Life Specialist.

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