

Parenting Your Child Effectively: My Parenting Style

Marilyn S. Fox, Extension Educator

If you want to change your parenting style, start by looking at how you correct your children's misbehavior. This is a part of a series of 10 “Parenting Your Child Effectively” guides.

children. Although parenting is never easy, it becomes easier when parents look at their own ideas about raising children. If you want to change your parenting style or improve the way you discipline, you need to begin by looking at how you “correct” your children’s misbehavior and how you feel afterward.

Being a parent is one of the hardest jobs in the world. Many split-second decisions are needed to guide and discipline

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 series contains guidelines to help parents interact with their children. It was reformatted from NebGuide G991 (Revised May 1997) written by Herbert G. Lingren, Extension Family Life Specialist.

UNL Extension publications are available online at <http://extension.unl.edu/publications>.

**Index: Family Life
Parenting**
Issued July 2007

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.