

Chaplain's Spot

'Parenting styles & their effects on kids'

"There are only two lasting bequests we can give our kids. One is **roots**, the other, **wings**." {Henry Ward Beecher}



What's Your Parenting Style? By Amy Morin, LCSW

It's important to ensure your parenting style is supporting healthy growth and development because the way you interact with your child and how you discipline them will influence them for the rest of their life.

1. **Authoritarian** parents might say, "Because I said so," when a child questions the reasons behind a rule. They are not interested in negotiating and their focus is on obedience. Children of authoritarian parents are at a higher risk of development self-esteem problems because their opinions aren't valued.
2. **Authoritative** parents have rules and consequences. They also validate their children's feelings, but make it clear that the adults are ultimately in charge. Researchers have found kids who have authoritative parents are most likely to become responsible adults, comfortable expressing their opinions.
3. **Permissive** parents are lenient. They adopt an attitude of "kids will be kids." They take on more of a friend role than a parent role. Kids who grow up with permissive parents are more likely to struggle academically, exhibit more behavioral problems, and have low self-esteem.
4. **Uninvolved** parents don't devote much time or energy into meeting children's basic needs. Children with uninvolved parents are likely to struggle with self-esteem, perform poorly in school, and have behavior problems.

With dedication and commitment, you can maintain a positive relationship with your child while still establishing your authority in a healthy manner.

Alan Silverwood – Chaplain - Pastoral care for our community, Tuesday Thursday Friday. [silverwood.alan.l@edumail.vic.gov.au]

Supporting the School community in emotional, social, spiritual and practical wellbeing. The Chaplaincy program is funded through Federal Government & Community support including; "Inspire! School Chaplaincy Network", CCCVaT, Great Ryrie Primary School Council and local private and community donations.

Advance notice of coming Chaplaincy events:

Thurs 15 August 5-6pm - Magic Show with Ric Cutler in Brian Allen Hall. We had a great time last year. Come and see him again.

\$8 each, and one adult free per family. Popcorn available for \$1 a bag. Pay on the night and support our Chaplaincy program.

Thurs 5 September - Remember & Celebrate Day

8.30-11am in Library – students and parents welcome to come and reflect on those who have passed away. Come and create some special memories, look at the resources, books, posters and other information on grief. Otherwise contact the Chaplain for a time.

Thurs 12 September - Meat Tasting event. We will confirm details next month. You just need an hour to eat and provide feedback for us to receive \$1000. You will also enjoy some delicious sorbet.

Sat 5 October – Bendigo Bank BBQ @ Ringwood East market. If you can help on the day for an hour or so, please contact the Chaplain.
