

# WHAT'S YOUR PARENTING STYLE?

Understanding  
where you fall can  
change how you  
lead your child.

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# PARENTING ISN'T JUST ABOUT LOVE.

It's also about boundaries.

The balance between  
kindness + firmness  
shapes how children experience us.

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# PERMISSIVE PARENTING

High kindness + low firmness

- Lots of love
- Few limits
- Hard to say no

Often creates children who may struggle with boundaries, responsibility, and resilience.

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# AUTHORITARIAN PARENTING

Low kindness + high firmness

- Control
- Obedience
- Punishment

Often creates children who may become anxious, rebellious, sneaky, or overly compliant.

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# NEGLECTFUL PARENTING

Low kindness + low firmness

- Disengaged
- Inconsistent
- Emotionally unsafe

Often leaves children feeling invisible, unsupported, and insecure.

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# AUTHORITATIVE PARENTING

High kindness + high firmness

- Respect
- Clear boundaries
- Teaching over punishment
- Problem solving
- Repair after mistakes

This approach helps children build responsibility, resilience, empathy, and internal motivation.

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# THE GOAL ISN'T PERFECTION.

It's learning how to hold both:

- ✓ Kindness
- ✓ Firmness

Connection + boundaries create safety.

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# CHILDREN THRIVE WHEN THEY FEEL BOTH DEEPLY LOVED AND CLEARLY LED.

High kindness.  
High firmness.

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SUPPORT | TOOLS | COMMUNITY

**THAT'S WHERE  
GROWTH HAPPENS.**

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