

Four Parenting Styles

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Below are descriptions of the four parenting styles originated by **Dr. John Gottman** in his book "**Raising an emotionally intelligent child.**"

DISSMISSIVE:

Parents view children's negative emotions as irrational and unimportant. Child is forced to "get over" their negative emotions as parents deem helping/problem solving when child is upset unnecessary.

OUTCOMES:

Children see their emotions as something wrong with them and view themselves as flawed. Likely to have poor emotional control.

EMOTION COACHING:

Parent responds to strong emotions with empathy, respect and patience.

Parent guides child through emotional storm and helps them solve problems, identify feelings, and identify appropriate behavior.

OUTCOMES:

Children are comfortable with their emotions and show good emotional control. They work well with others and have high self-esteem.

DISSAPPROVING:

Parents view children's negative emotions as irrational and unimportant. Negative emotions are met with judgement and criticism, and child is forced to maintain steady emotional state.

OUTCOMES:

Children see their emotions as something wrong with them and view themselves as flawed. Likely to have poor emotional control.

LAISSEZ-FAIRE:

All emotions are accepted, and parent is likely to provide support while child rides out the emotional storm. However, parent does not provide guidance or engage in problem solving.

OUTCOMES:

Children have difficulty focusing, regulating their emotions, and working with others.