

## Resilient Parenting: A Spectrum of Styles

A common challenge for many parents is balancing structure and control with warmth and freedom. In order for children to develop resilient life skills, they need to be given permission to work through challenges and even 'fail' along the way in order to grow and learn.

The parenting spectrum below was adapted from the work of Diana Baumrind, a developmental psychologist from UC Berkeley who first formulated this theory.<sup>1</sup> As an exercise, locate where you think you fall on the spectrum. What evidence shows you fall there? If you have a spouse or partner, where do they fall? How do you balance or overcompensate for one another? How can you find a balance, guiding approach that creates space for your child to learn and grow?



<sup>1</sup> Source: Baumrind, D. (1967). Child care practices anteceding three patterns of preschool behavior. *Genetic Psychology Monographs*, 75(1), 43-88.