

## Parenting Styles

 **Warm up:**

- Do you think you would be more strict or more relaxed as a parent?
- What do you think are some challenges parents face in modern times?
- What were you like as a kid? Do you think you were easy or difficult to raise?
- Do you think there are big differences between raising boys and raising girls? What are they?
- How do you think parenting styles have changed in the last few decades?



 **1. Read the text below and choose the correct word from the options for each gap.**

There is no question that parenting styles have drastically changed in the last 50 years. In the past, most parents relied on a ..... (a) approach, expecting children to follow commands without question, and disobedience often resulted in punishment. This approach was largely based on the belief that this type of ..... (b) resulted in hard-working, responsible adults. However, as society became more focused on individuality and emotional ..... (c), parenting styles became ..... (d) and more caring. Some people in the older generations believe that children these days are being ..... (e), given everything they want and never facing punishment more serious than being ..... (f). However, it is only natural that parenting styles change and ..... (g) alongside society.

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|--------------------------|-------------------|--------------------|-------------------|
| (a) 1. swifter           | 2. quieter        | <b>3. stricter</b> | 4. cleaner        |
| (b) <b>1. discipline</b> | 2. agility        | 3. charisma        | 4. reward         |
| (c) <b>1. wellbeing</b>  | 2. pride          | 3. consequences    | 4. manipulation   |
| (d) 1. tighter           | 2. closer         | 3. broader         | <b>4. gentler</b> |
| (e) 1. turned            | <b>2. spoiled</b> | 3. bullied         | 4. cracked        |
| (f) 1. incarcerated      | 2. doubted        | <b>3. grounded</b> | 4. moulded        |
| (g) 1. digest            | 2. fall           | 3. create          | <b>4. evolve</b>  |



**2. Read the parenting dilemmas with a partner and choose what you think the best course of action is. Choose one of the 3 options below or make up your own approach.**

You have a very curious toddler who seems to have no sense of danger whatsoever. Anytime you turn on the oven he runs towards it and tries to open it because he likes the light inside. Do you:

- Try to show him the oven is hot by pretending to burn yourself and showing pain.
- Raise your voice and scare him a little to let him know the oven is off limits.
- Let him touch and open the oven just once so he can find out for himself how hot it is.



You always pack your 12-year-old child large lunches for school, with plenty of treats. One day he comes home crying because the class bully has been taking his treats, even though he's asked him not to. Do you:

- Contact the school teacher and see if she can do anything.
- Teach your son to fight, so he can fight back against the bully.
- Encourage him to share with the other students, but hide a few more treats in his bag.



Your teenager wants a smartphone upgrade. She argues that all her friends have the latest model, although her current phone works perfectly fine. Despite explaining that money is tight, she keeps insisting. Due to peer pressure, she feels embarrassed using an older device. Do you:

- Buy her the new phone to make her feel included.
- Set a rule that she must save up and pay half.
- Offer to decorate or personalise her current phone instead of upgrading.



Your 17-year-old wants to go to a party where you know there will be alcohol. Although he promises he won't drink, you know the environment might be risky. Despite having generally good judgment, he can be easily influenced by friends. Do you:

- Let him go, but insist on picking him up at a set time.
- Say no completely, even if he gets angry or feels left out.
- Allow him to go only if he shares his location and checks in regularly.



### Cause and Effect Connectors

Words like 'because' and 'due to' can be useful to show that one thing caused another.

E.g. "He went to bed early because he was tired." or "His school trip was cancelled due to the rain."

Note that 'due to' is always followed by a noun, whereas 'because' is often followed by a clause.

E.g. "They lost the game because they were lazy." vs "They lost the game due to laziness."

'Although', 'even though', and 'despite' are the opposites of 'because' and 'due to.'

E.g. "He went for a run even though it was raining." or "He went on a run despite the rain."

Note: 'Although' and 'even though' are very similar, but even though shows more surprise at the situation.


E.g. "He ran a marathon even though he is 80 years old!"

### 3. Complete the paragraph below using 'although', 'despite', 'due to', and 'because'.

Being a parent can be extremely stressful for anyone, and sometimes you feel overwhelmed **because** there is always something that needs your attention. **Despite** feeling tired, you still have to try to stay calm and patient, knowing your children learn from the way you react. Family life can get chaotic **due to** the constant rushing, school deadlines, and last-minute changes that children love to spring on you. **Even though/although** these moments can be stressful, they also bring a sense of closeness that is hard to find anywhere else.


There are days when things go wrong **because** nothing seems to run smoothly, and other days when a simple hug can fix everything. **Even though/although** you may feel like you're not doing enough, your children often remember the little things. Stories, jokes, and those special little moments every parent knows. And **despite** the lack of sleep or free time, many parents discover joy in watching their children grow, learn, and become more independent. These moments feel special **due to** the effort behind them and the love that drives every decision you make.



 4. You are going to watch a video which contains the following vocabulary. Use the vocabulary to complete the sentences below.

perseverance	bad loser	inconsiderate	tidy up
insecure	lack of	hover	procrastinate

- It was *inconsiderate* of her to shout while the baby was sleeping.
- A *lack of* sleep can make both children and parents feel grumpy.
- He has *perseverance*, he kept practising the piano even when it was difficult.
- Some parents *hover* over their kids at the playground instead of letting them play on their own.
- We usually ask our kids to *tidy up* their toys before dinner.
- Jenny feels *insecure* at school because her classmates get better grades than her.
- Josh can be a *bad loser*, he gets pretty upset whenever he doesn't win a game.
- I used to always *procrastinate* when I was a teenager, I always left my homework to the last minute.

 5. Watch [5 Parenting Styles and their Effects on Life<sup>1</sup>](#) and make some notes on the questions below. Later you will be asked to expand your answers into written paragraphs.

- How do Sara's parents raise her, and how does this affect her later in life?  
*Authoritarian, very strict with punishments. She learns to follow rules but cannot decide for herself as she doesn't know what she wants.*
- How do Peter's parents raise him, and how does this affect him later in life?  
*Permissive, his parents spoil him and give him everything. When he grows up he can't control his emotions, and is inconsiderate.*
- How do Arthur's parents raise him, and how does this affect him later in life?  
*Authoritative, they give some freedom within borders. He has restrictions. He can express himself and show his emotions.*
- How do Nora's parents raise her, and how does this affect her later in life?  
*Neglectful, her parents ignore her. She grows up insecure and feels unworthy of love.*
- What is the 5<sup>th</sup> style of parenting, and how can it affect children raised in this style?  
*Overinvolved, they micromanage their children, and the children cannot overcome problems by themselves.*
- What do you think of this video? Do you think there are only 5 styles of parenting?

<sup>1</sup> <https://www.youtube.com/watch?v=fyO8pvpnTdE>



6. Now write a few sentences about each parenting style, and what effect it can have. Try to use 'despite', 'although', 'due to', and 'because'.

**Authoritarian Parenting:**

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**Permissive Parenting:**

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**Authoritative Parenting:**

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**Neglectful Parenting:**

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**Over-Involved Parenting:**

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