

Four styles of parenting

Dismissive

- Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. Okay? I have to go to an important meeting.
- Molly: (silence)
- Mother: Molly. Did you hear me? (goes into Molly's room)
- Molly: I don't want to go to Daisy's.
- Mother: Don't be silly, Molly, you love going to Daisy's house. You always have a great time. Come on. Get your coat. We need to go now.
- Molly: No. I'm not going.
- Mother: Look Molly. If you don't come now I will be late for my meeting.
- Molly: I hate Daisy. (stamps her foot)
- Mother: Come on Molly. That isn't nice. We don't use that kind of language. You will love it at Daisy's once we get there. Here, look, I'm going to put in some chocolate biscuits for you to take. Come on let's have a big cuddle and get going. It's all going to be okay.
- Molly: (is very quiet, and drags her feet, but her mother picks her up and they go to the car)
- She whispers: I still don't want to go.
- Mother: Look Molly you have to go. You'll love it once you're there.



Disapproving

Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.

Molly: (silence)

Mother: Molly. Did you hear me? (goes into Molly's room)

Molly: I don't want to go to Daisy's.

Mother: Don't be silly, Molly, you love going to Daisy's house. Come on. Get your coat. We need to go now.

Molly: No. I'm not going.

Mother: You know Molly, sometimes I just don't understand you. You always love playing at your friends houses. What is wrong with you?

Molly: (silence)

Mother: Molly. Just get your bag and come on. I will be late for my meeting.

Molly: (cries and stamps her feet)

Mother: Molly. You are driving me crazy. Do you want me to get really angry with you? I'm going to have to pick you up and just put you in the car. You are going whether you like it or not. This is just nonsense.

Molly: (keeps kicking and screaming as she is put in the car)

Mother: (now quite frustrated and angry) Don't be so silly Molly. If you don't stop crying you won't be able to have any friends over this weekend and I will have to tell your father about this. You are impossible!



Permissive

- Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.
- Molly: (silence)
- Mother: Molly. Did you hear me? (goes into Molly's room)
- Molly: I don't want to go to Daisy's.
- Mother: Oh Molly. Come on. It will only be for a short while.
- Molly: No. I'm not going.
- Mother: What's wrong? Are you feeling annoyed at being left when I go out to meetings? I am so sorry but this is a really important one.
- Molly: I just don't want to go. Can I come to the meeting with you? Or maybe you can just stay home?
- Mother: Ohh! You really are very upset about this aren't you? Let's have a hug. It will be a bit tricky, but I think I can change things so that I can stay home with you. I can probably just go to next week's meeting. We can't have you all sad about going to play at a friend's house can we?
- Molly: (silence)
- Mother: Okay. Let's just forget about Daisy. I'm sure we can find something else that is fun.



Emotion Coaching

Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.

Molly: (silence)

Mother: Molly. Did you hear me? (goes into Molly's room)

Molly: I don't want to go to Daisy's.

Mother: Mmm. You don't want to go to Daisy's today? (silence for a moment) You usually love going to Daisy's. And today is the day that you usually go.

Molly: I don't want to play with Daisy. I don't like her.

Mother: You don't want to play with Daisy? Wow! I can see from your face that you are feeling pretty determined and perhaps a little sad.

Molly: (some tears are beginning to form)

Mother: Perhaps we can have a hug and you can tell me what's going on for you.

Molly: (after a few moments) Daisy doesn't share. When I went over last time she wouldn't let me play with any of her toys. She kept grabbing them off me and then she played with them in front of me. I didn't know what to do. She said that her toys told her that they don't like me.

Mother: Wow! That must have been pretty hard for you when she didn't let you play with anything. I imagine that you felt left out and pretty lonely and certainly very disappointed because I know you have always looked forward to playing with her.

Molly: Yes, and now you want me to go over there and its going to be just the same.

Mother: Mmm! I'm wondering what we can do to make this afternoon better than last time. I know that Daisy usually likes to have you over. Maybe she is just learning how to share and it is a bit difficult. Do you have any ideas?

Molly: Could I take teddy with me? If she doesn't want to share I could play with him.

Mother: That's a great idea! Can you think of anything else you could take?

Molly: (silence)

Mother: Well, maybe you could also take something that you would be happy to share with her, like your new book of puzzles.

Molly: Okay. I'm going to go and get them now.

Mother: Great. Let's see if we can get moving fast. You know, I've noticed you are very good at working things out.

Molly: You are too, Mummy. (giggles)

