

**PARENT BULLETIN;**

**PARENTAL ATTITUDES**



The attitude of parents is of great importance in determining the child's personality traits, development of problem-solving skills and interaction with the environment. The attitude of the parents creates an exemplary model for the developing child and causes the child to exhibit similar attitudes. The healthy attitude of parents towards their children depends largely on their being at peace with themselves, determined, balanced, peaceful and loving and respectful towards each other.



# Overprotective Parenting Attitude

Parents who adopt an overprotective parenting attitude approach their child in an interventionist manner and constantly control their child. The child constantly encounters obstacles from his parents. Parents do not give the child the opportunity to know and develop himself. The child becomes dependent on the parents and is afraid of acting alone. This situation is often seen in the relationship between mother and child. It is because the mother feels lonely. These children may have problems acting independently, revealing their talents and realizing themselves in later life. The mother who adopts this attitude prevents the child's efforts at individualization. Giving the suggestion that leaving the family will upset the parents also makes separation difficult and creates guilt. This attitude of the family prevents the adolescent from being independent and realizing himself.



# Overly Oppressive-Authoritarian Parenting

## Attitude

A parent who adopts an overly oppressive attitude constantly puts pressure on his child. They disregard the child's personality. When the child does not obey them, they use physical violence, pressure, blame or punish the child. Research shows that children who grow up with excessive pressure and discipline do not have self-confidence. In adolescents, the adolescent who encounters an oppressive attitude may display overly sensitive, under the influence of others, non-entrepreneurial, and passive characteristics.



## Characteristics of children growing up in an authoritarian family:

- They are stressed, anxious children.
- Since the child is afraid of making mistakes with every step he takes, his self-confidence is almost non-existent.
- They are quiet, shy children who can easily be influenced by others.
- They may develop feelings of inferiority because they are constantly criticized.
- They are externally controlled. They cannot decide on their own, they wait for someone from outside to guide them.
- On the contrary, the child may also be rebellious.



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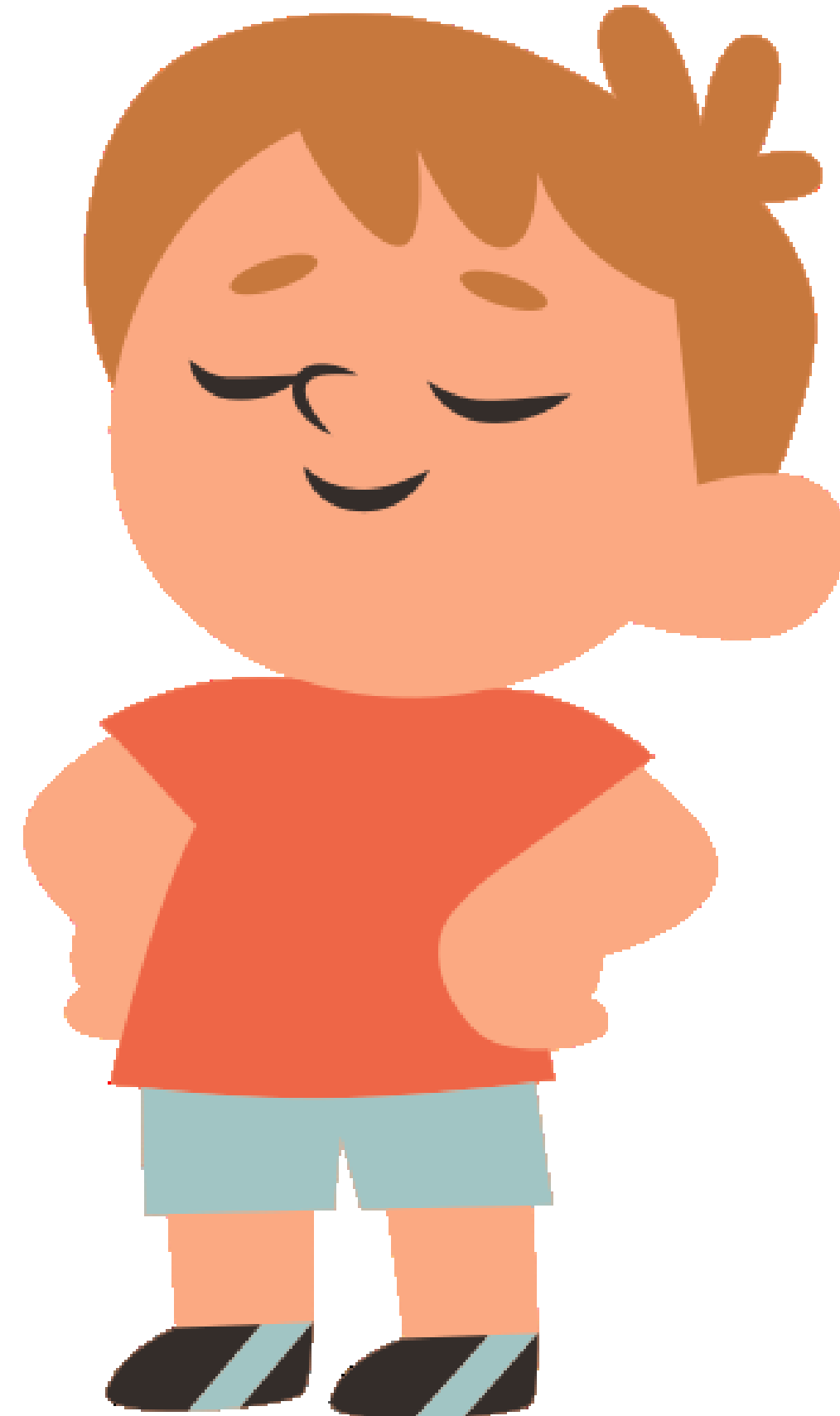
# Perfectionist Parenting Attitude

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## Characteristics of children growing up in a perfectionist family:

- They are overly meticulous or, on the contrary, disorganized children.
- They have no self-confidence.
- They are easily disappointed when they fail.
- They are afraid of making mistakes.
- He is stuck between his own natural instincts and the rules.
- They are in a constant internal conflict.





## Child-Centered-Extremely Tolerant Attitude

The parent who adopts a child-centered attitude does whatever the child says, and the child's wishes are orders for the parent. Parents submit to their children and accept their sovereignty. A child who has everything he wants may have difficulty adapting and have difficulty with the rules when he enters an environment such as a school.

As this attitude reflects on adolescence, the adolescent may become a selfish person who wants his every wish to be fulfilled immediately, enjoys it, does not know how to share, and has difficulty in establishing relationships with his environment.



- In such child-centered families, everything the child does is tolerated and the child is left extremely free.
- The child is not told what to do and what not to do. Exact rules are never stated. The child is far from effective control and is not warned, even in behaviors that may harm him/her.
- Parents only lash out and intimidate when there is a huge problem. Sometimes they give punishment but do not explain why.





# Characteristics of children growing up in an overly tolerant family:

- After a while, they take control of his parents and threaten them. When they don't get what they say, they carry out their threats.
- They cannot improve themselves because they are not open to criticism.
- Children who are used to the lack of rules may have difficulty adapting to school and their circle of friends when they encounter the rules at school.
- Because they get everything they want, they begin to feel dissatisfied after a certain period of time. Their insatiability may cause them to acquire harmful habits in the future.
- They can be selfish, irresponsible, fragile, want everything they say to happen instantly, are impatient, spoiled and asocial. When they enter a social environment and see that they do not get what they say, they become disappointed, withdraw into their shells, or become aggressive.
- They make it a habit to get everything they want done and over time they become disrespectful of rules.





# Indifferent and Indifferent Attitude

It is the exclusion and isolation of the child by the parents. Aggressive tendencies can be observed in children who are excluded and left alone.

- These are parents who behave indifferently and indifferently towards the child's behavior.
- For this type of families, the presence or absence of the child is not clear. Parents who fall into this group often confuse tolerance with letting go.
- As long as the child does not disturb the parents, there is no problem with the child. If the child disturbs the parents, then there is an agenda regarding the child. This agenda is mostly full of complaints.
- In this type of families, the child is pushed into physical and emotional loneliness. The child's actions are ignored and excluded. There is a communication gap between mother, father and child. The family's reactions to the child are low.

## Characteristics of children growing up in an indifferent and indifferent family

- They may cause damage to their surroundings to attract attention.
- As a result of their inability to establish relationships with people, delays in social development and aggression may occur.
- Delay in language development and speech disorders may occur due to lack of verbal communication.
- There is a lack of self-confidence.
- He has no expectations from life or himself.

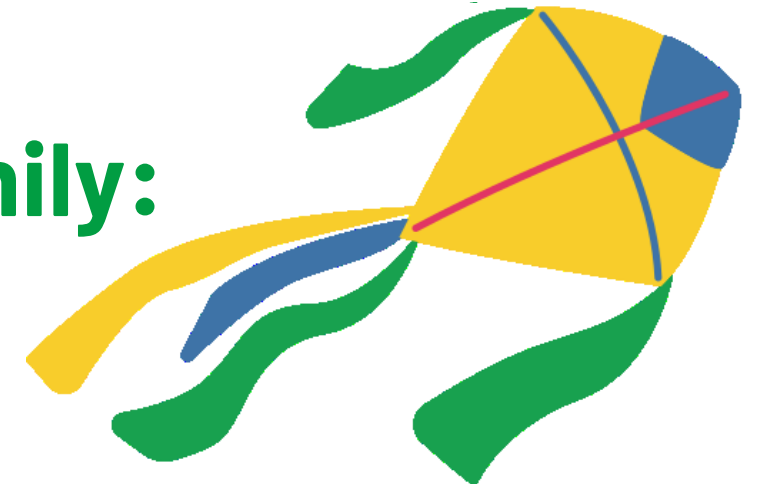


## Unbalanced and Indecisive Attitude

The parents behave inconsistently. When one says "yes", the other says "no". The rule set by one parent is violated by the other parent. A conflict occurs between parents and the child. This situation may cause internal conflicts to develop in the child.

- In these families, a child's behavior may sometimes receive a very harsh reaction, and sometimes it may be received very positively. Inconsistent parents' different attitudes towards their two children or the parents' different attitudes in their own education styles can negatively affect the children.
- Inconsistent attitudes make it difficult to form balanced value judgments that will guide the child's behavior.
- In order to maintain the limits set for the child, parents must be consistent in their behavior.

## Characteristics of children growing up in an inconsistent family:



- Since a behavior is sometimes rewarded and sometimes punished, it raises doubts in the child about the meaning of the punishment and the nature of the crime, so they do not know when, where and what to do.
- They cannot convey their own views and thoughts.
- The child may be a timid, gentle-natured, obedient child in order to prove himself and attract attention, or he may be a quarrelsome, angry child in order to show his own self and independence. Over time, they may develop an unstable personality structure that does not trust the people around them, is suspicious of everything.

## Reassuring, Supportive, Tolerant Attitude

It means that parents support the child and allow him/her to realize his/her wishes and desires, but also impose some restrictions. The tolerant attitude of his parents helps him become a self-confident individual. The child who grows up with love and tolerance becomes aware of his talents and improves himself. The child growing up in such an environment is ready for cooperation, balanced, happy and friendly.





## Democratic Parenting Attitude

In addition to meeting the child's basic needs, parents also show love to their child. In families that adopt this attitude, equal conditions are provided for the child, and the child's opinion is taken into account when making decisions. Responsibility is given according to the age of the child. The family gives the child the opportunity to reveal his talents. A democratic family does not have strict rules, it sets some limits and has principles. Successes are rewarded, failures are not punished. Children who grow up in a democratic family environment are comfortable, independent, able to express themselves, enterprising, able to take responsibility, and with a developed sense of basic trust.



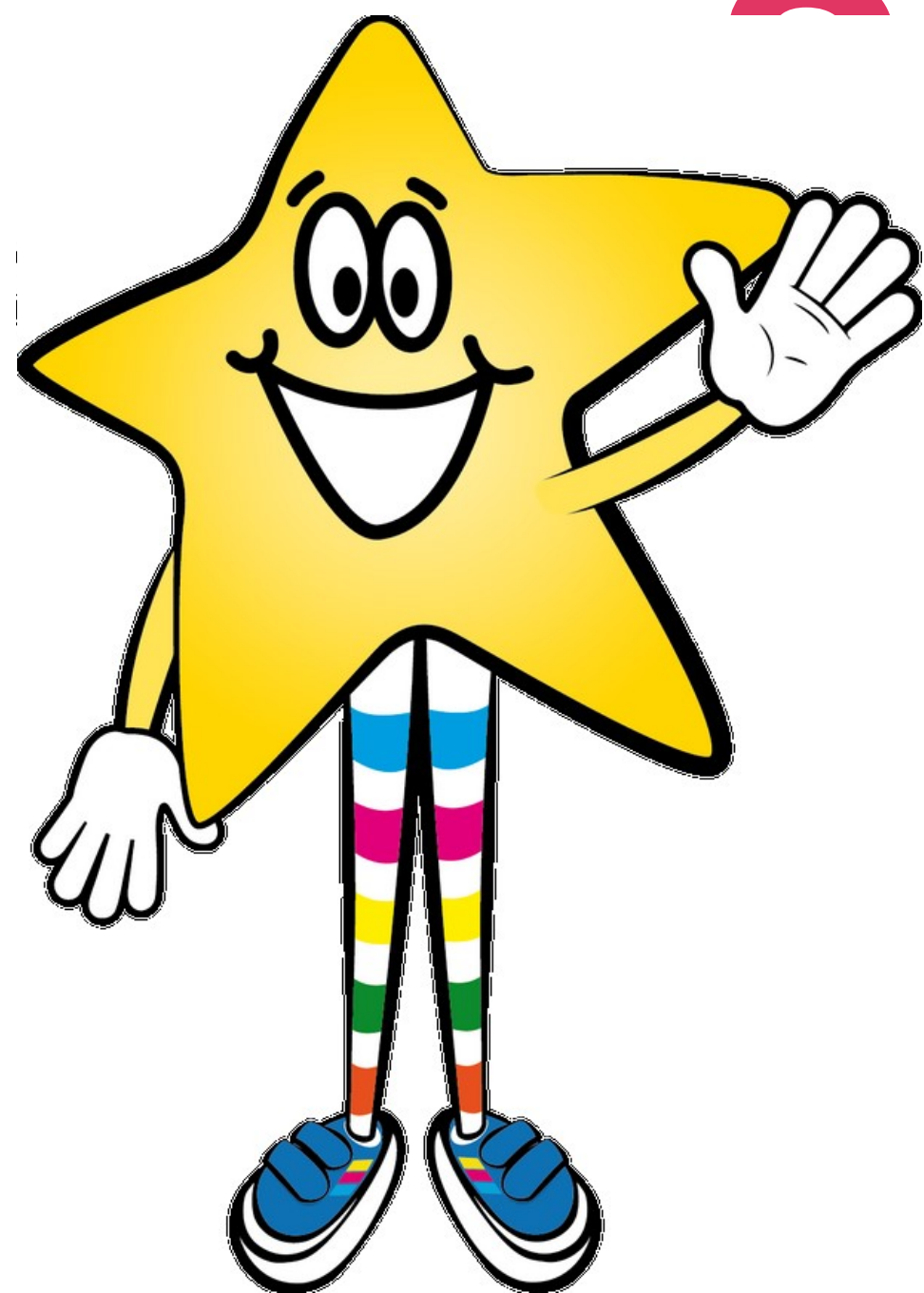


- It is the healthiest parenting attitude. In a family with love, respect, peace, trust and transparency, the child is accepted in all aspects.
- Mother and father are very good models and very good guides for the child with their behavior. He guides the child but leaves him free to make decisions. Many alternatives are offered to him/her, but the choice belongs to the child. The child, who develops this skill over time by seeking solutions to problems with his parents, also bears the consequences of his choices.
- Rules and boundaries within the family are determined for everyone and all together, and the child is free within these boundaries. A logical explanation of the rules is given.
- All family members have equal voice and voting rights. Decisions affecting the family are made together. The child's thoughts and ideas are listened to on every subject. Their ideas are respected even if they are unreasonable.
- Parents are clear and open in their feelings towards each other and their children.

## Characteristics of children growing up in a democratic family:

- The child who grows up in a democratic and trusting environment is respectful to himself and his environment, knows the limits, is creative, active, respects ideas, can express his opinions easily, is balanced in terms of personality and behavior, has a developed sense of responsibility, is tolerant, ready to cooperate, is friendly, emotional and He grows up as a socially balanced and happy individual.
- The consistent and determined attitude of the parents develops the child's sense of confidence in himself and those around him.
- The child, who is used to making decisions and doing things on his own at this age, even if they are simple, will easily make decisions on his own behalf in the future.
- While defending his own rights, he also respects the rights of others.





# SUGGESTIONS OR FAMILIES





Knowing the developmental characteristics of our children's current period will help us get to know them better and facilitate our communication. We think that the following tips will help you in this regard.

- Let's guide our children to achieve realistic and achievable goals and create opportunities.
  - When our children experience failure, let's direct them to areas where they can taste success.
  - Instead of telling our children what to do, let's try to give them as many options as possible and guide their choices.
  - Let's provide an opportunity for every child to experience a sense of success.
  - Let's be tolerant of our children's minor mistakes in the tasks they strive to do on their own.
- During this period, children want to be liked and appreciated for the good work they do.

- Let's have a supportive approach to our children, not a discouraging one.
- Let's be good observers of our children's work and activities and be patient.
- Let's give them opportunities to make their own decisions and take responsibility.
- Let's help our children's emotional development by giving them opportunities to express their feelings.
- Let's not evaluate our children by their physical characteristics.
- Let's be careful that our child's physical characteristics do not negatively affect their personal development. Let's take care of their regular and healthy diet.
- Let's support our introverted, insecure, quiet and touchy children to do activities that will give them the opportunity to change these aspects of themselves; But let's not take any action by making decisions on their behalf.

**Psychological Counselor  
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