



The Parenting Styles Cheat Sheet

Your Quick Guide to the 3 Parenting Styles

Authoritarian Parenting

“The Enforcer”

- High control, low warmth
- Strict rules, minimal emotional connection
- Obedience is prioritized over understandingal connection

The Impact on Your Daughter

- May feel unseen, anxious, or resentful
- Often struggle with self-trust and open communication

Common Phrases

“Because I said so.”
“*Stop crying—it’s not a big deal.*”
“Don’t argue with me.”
“*That’s disrespectful. You don’t talk back.*”

Permissive Parenting

“The Enforcer”

- High warmth, low boundaries
- Avoids conflict, gives in easily
- Wants to be liked over being firm

The Impact on Your Daughter

- May feel loved but directionless
- Can struggle with limits and accountability

Common Phrases

“She’s just going through a phase.”
“*I don’t want her to be mad at me.*”
“I just want her to be happy.”
“*I’d rather give in than fight with her again.*”

Authoritative Parenting

“The Guide”

- High warmth, high structure
- Emotionally responsive and clear about expectations
- Teaches problem-solving and resilience

The Impact on Your Daughter

- Builds confidence, communication, and self-worth
- Fosters lifelong connection and emotional safety

Common Phrases

“I hear you—and I need you to follow through.”
“*Let’s talk about what’s fair and respectful.*”
“I hear you—and we still have to follow the rule.”
“*We can have big feelings, and still treat each other respectfully.*”



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<u>When You Feel</u>	<u>Try This Authoritative Reframe</u>
"She is being so disrespectful"	"She's dysregulated and struggling right now. I can model calm for her while holding a boundary."
"I'm about to lose it on her."	"Connection builds influence. I can reset and figure out how to guide her here."
"She just doesn't listen."	"Am I leading clearly and consistently? I'll connect first, then re-state the expectation calmly."
"She's so sensitive and dramatic."	"Sensitivity isn't weakness. I can validate her feelings and still teach resilience."
"I'm so tired of fighting with her. I give up."	"Conflict doesn't have to mean disconnection. I can stay calm, set a limit, and come back to connection."
"I just want her to be happy."	"Happiness grows from boundaries and love together. I'll hold both today."
"She is always so dramatic"	"This is big for her. I may not understand but I can help her learn to regulate—not shame her for feeling deeply."

Anchor Questions

Before reacting, pause and ask yourself:

1. Am I connecting first before correcting?
2. Am I holding a boundary with love?
3. Am I modeling the kind with others?

Pro Tip

When in doubt, lead with this script:

"I see you're feeling _____. I'm here, and I still need you to _____."

Example:

"I see you're frustrated. I'm here, and I still need you to speak respectfully."