

PERMISSIVE VS FLEXIBLE PARENTING

Flexibility itself isn't bad, but too much flexibility w/out structure can create unintended challenges.

1) Set Clear, Simple House Rules

Kids do best when expectations are easy to understand and consistent. Have rules that you can enforce and follow through on. Avoid too many rules, it's difficult to be consistent.

2) Be Consistent with Consequences

Use predictable consequences (not emotional reactions) and follow through

Match the consequence to the behavior. This helps the child understand cause and effect and learn responsibility.

3) Stop negotiating core rules

Constant negotiating teaches kids that persistence = rule changes.

- Decide which rules are non-negotiable (safety, respect, school)
- Allow discussion only at appropriate times (not during conflict or high emotion)
- Avoid changing rules in response to whining or pressure

4) Model boundaries and follow through

Children copy what they see more than what they're told.

- Keep routines
- Follow through on promises
- Respect boundaries

Kids internalize those behaviors naturally.

5) Give Attention to Positive Behaviors

Permissive parenting often swings between leniency and sudden punishment. Unintentionally giving attention to negative behaviors.

Use praise to recognize positive behaviors and efforts.

When positive behaviors are consistently acknowledged, negative behaviors tend to decrease as they are no longer reinforced by attention

6) Focus on Emotional Connection

Structure works best when children feel safe and understood.

Balance rules with:

- Listening to feelings
- Validating emotions ("I see you're frustrated")
- Quality time and attention
- Kids are more likely to respect limits when they feel respected.

