The Effect of Parenting on a Child’s Development

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I have neither given nor received help on this work, nor am I aware of any infraction of the Honor Code.

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Parents use combinations of different strategies and techniques that come from their personal opinions, personality, and previous experiences, to raise their children. These different strategies and techniques create patterns within the parents that overall recognize specific parenting styles. Some parents can use similar or the same parts of the parenting styles as well as different types too. These parenting styles are significant because they present an effect on a child’s development and their overall well-being. In fact, Herwiinen (2018) looks at childhood development as the focus of physical, cognitive, personality and psychosocial processes of growth between birth to twelve years of age.

The impact of a mother’s relationship with a child has been established with developmental outcomes (Zarra et al., 2014). Attachment is that bond between a child and their caregiver. Attachment theorists create four different types of attachments as secure, avoidant, ambivalent and disorganized-disoriented. The variety of types, of attachment, are generated by the way a parent acts towards their child. (Ciccarelli & White, 2018, p.301). As a child develops these forms of attachment affects how a child forms relationship with others as they continue to grow. There have been many recent studies to confirm and continue this past research. Therefore, as a whole, it can be concluded that parenting effects development within a child and why this occurs. Psychology focuses directly on child development based on how they are raised due to how the child brain forms and how their self-concepts and personality continues solely based on how they are treated during the young stages of their life. In fact, the studies done and results of the correlations, will help families globally begin to generate better tactics for parenting and/or other remedies that can help benefit their child in their development (Sangawi, Adams, & Reissland, 2018).

**Emotional Regulation**

Emotion regulation potential is highly necessary for psychological and social wellbeing of an individual’s during their lifetime (Tani, Pascuzzi & Raffagnino, 2018). Therefore, when there is a dysregulated emotion it can interfere poorly with an individual’s psychological state. The dysregulated emotions can be detected through an interaction between a child and their parent. In fact, there is evidence that shows the relationship between the emotional state of a child and the type of parenting style. Maintaining an individual’s mental and emotional state is an important step in healthy child development and leads to how the child grows up and reacts in adulthood. In fact, social discontinuation in premature development creates an instability for later socioemotional development. Socioemotional refers to variations that occur in an individual’s personality, emotions and relationships with others over the course of their life (Zarra et al., 2014). As an individual experience these risk factors, problems can be affected based on the psychological influence on a child’s brain.

According to Tani, Pascuzzi, and Raffagnino (2018), they describe a parenting style being warmer and nurturing has been experimented as more optimal. However, on the flip side, a childhood experiencing cold and unavailable caregivers leads to externalizing and internalizing problems. To add on, high about of parental control can lead to mental illnesses along with a lack of individuation which causes problems in young adulthood.

**Academic Self- Concept**

Along with parenting, cultural norms that are connected with the social class of a family can have a huge consequence on the child growth, and what they grow up to be. Some studies have looked into whether the way someone parents has an affect a behavioral problem indirectly in a child, directed through their self-concept (Sangawi, Adams, & Reissland, 2018). Academic self-concept is a connection between parenting and the present and future behavior of children. A child’s self can act as a reflection of the parents use of a negative or positive punishment. The parents psychological control experiences side effects of multiple problems including internal and external (Zarra et al., 2014). A child’s academics and wellbeing can be at risk due to the opportunities that are provided to them, based on social class, and the support system at home. Internalizing problems can result from the environment the parents provide for their child. For example, a child that is in the middle to upper class will be given a different lifestyle than a child in the lower class. The middle to upper class families will be given more educational opportunities as well as a greater stable homelife, with an increase in material goods. However, with a lower-class family, they will be limited in their opportunities and goods due to the lack of financial support. This can drive a parent to act differently and have different techniques with their child due to their financial status. Competing priorities, like difficulties with financial aid, can lead to neglect of self, including the inability to find “me” time, build relationships, and care for one’s health (Brushan et al., 2018). Therefore, a child is born into these different family atmospheres that has a toll on their mental and physical state throughout their lifetime.

**Parenting Environment**

A parent’s style of parenting represents variations of demandingness and responsiveness, resulting in authoritarian, authoritative, permissive or uninvolved parenting that are known to influence a child’s development (Herwiinen, 2018). Similarly, this concept can be seen in a dog-owner relationship, and Herwiinen (2018) uses this concept as another way to test the different outcomes of parenting techniques. In fact, with the great similarity, by promoting appropriate parenting of dogs offers opportunities to understand the child to parent relationship and the affect parents have on their child. Similar to humans, dogs show positive outcomes on behavior and welfare with authoritative interactions. Authoritative is consider when a parent is responsive to a child’s emotional needs and create a consistent rule to follow.

The Adverse Childhood Experiences (ACEs) Study documented long-lasting effects poorly reflected on childhood trauma on behavioral and physical health outcomes in adulthood (Mckelvey, Conners Edge, Fitzgerald, Kraleti, & Whiteside-Mansell, 2017). This study aimed to examine parenting styles that focus on abuse, neglect, or illegal behavior in family settings. As predicted, these ways of parenting created a negative effect on a child. Parents should ultimately move away for any form of illegal or abuse as they raise their kid, because they kid can either begin to mimic the same actions or take the hits as internal problems. The focus should shift into more positive parenting styles and focus on the attachment and conformity of the parent-child relationship.

**Parental Strategies**

There are multiple strategies for parents to help with their parenting styles and how they create an environment for their child. Due to the huge effect on negative punishment and lack of support system in homes, there should be more support on parents for attending educational interventions to help their parenting strategies reduce the opposed techniques that will ultimately have a great deal of enduring effects of a child’s psychological being (Sangawi, Adams, & Reissland, 2018). Along with this concept, there should be an increase of support systems for parents to have the opportunity to attend due to the amount of responsibility they have for their kids. Think about this, how much stress and anxiety would be placed on you if you found out that how you parent your kid can affect your child for the rest of their life? This sense of reliability can create emotions that build up in a parent and can overall have an effect on how they parent as well. With the association between ACE’s screening and the health environment of children, there is a demand for home health and safety interventions for families (Mckelvey, Conners Edge, Fitzgerald, Kraleti, & Whiteside-Mansell, 2017). There are multiple different tactics that can be used to help families as their child grows up due to the strong bond of type pf parenting and a child’s development.

**Conclusion**

All these studies focused on the effect of how parents interact with their child, and what further impact it creates. The way a child is treated in the early years has a great impact on how they grow and what person they become, by how they act in relationships, learn, and treat their kids. All the studies showed the direct connection between the two, and how the parents treat their child and the environment the child grows up in, has a major effect. In general, negative techniques like abuse, total control, illegal behaviors and negative punishments have been seen to only create internal problems for a child. On the other hand, most of the studies have proven that authoritative parenting has been seen to focus greatly on a child’s emotional wellbeing along with increasing the parent to child relationship. This has been seen to be the best type of parenting and therefore has a more positive effect on a child. Also, a child is born into a lifestyle based on the financial status, lower, middle or upper class, that creates a different environment to live in and drives different typed of parenting styles, which affects them during their life. Therefore, as these studies suggested, there should be more opportunities for the parents to learn how to enforce more authoritative rather than negative. Many parents are unaware of the importance of how they act and usually do not even realize what they are doing. More strategies should be available to give the children the best foundation for them to grow and succeed as they develop.

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