



Talk Early And Often About Alcohol, Tobacco
And Other Drugs. Even When It Gets Tough

Parent Tip

Know! To Examine Your Parenting Style

Did you know your parenting style can affect your child's choices surrounding alcohol? A recent study reveals the relationship between four basic parenting styles and how each style impacts a child's drinking behaviors.

First of all, consider what type of parenting you practice:

(**Support** refers to your availability and the warmth you display toward your child.)

(**Control** refers to discipline, accountability and how closely you monitor your child.)

Authoritative: High Support/High Control

Authoritarian: Low Support/High Control

Indulgent: High Support/Low Control

Neglectful: Low Support/Low Control

If you fall under the description of *indulgent*, you may want to reconsider your parenting style. Parents high on warmth yet low on accountability place their children at triple the risk of heavy drinking. But simply being a strong disciplinarian isn't the answer either. On the opposite end of the spectrum, *authoritarian* parents who are high on discipline yet low on warmth place their children at still double the risk of heavy drinking.

Research shows that youth least prone to heavy drinking have parents who practice an *authoritative* style of parenting; a warm, loving and nurturing relationship with an equally high sense of accountability and follow through when it comes to discipline.

If you practice an authoritative style of parenting, you're on the right track. If you fall under one of the other categories, you may want to adjust accordingly.

Source: *Journal of Studies on Alcohol and Drugs*, 71, 539-543, July 2010.

Talking regularly with kids reduces their risk of using alcohol, tobacco and other drugs. Know! urges you to encourage other parents to join Know! by taking the [Parent and Caregiver Pledge](#). For more information log on to www.HelpThemKnow.com or call 1-866-999-KNOW.

Know! is a program of:



Drug-Free Action Alliance
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