

## **Student Worksheet**

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### **Strict or Relaxed Parents?**

#### **1. Read the text below and decide if strict or relaxed parenting is better?**

Strict parents and relaxed parents are at the opposite ends of the parenting scale.

#### **Strict Control or Relaxed Warmth**

When a parent controls his or her child's behaviour, he or she always decides what the child is going to do and how the child is going to do it, without asking the child what he or she thinks or wants. A controlling parent also makes many rules and wants his or her child to follow the rules. If the child does not behave the way that the parent wants, then the child may be punished. Strict parents get angry when their children do not do what the parents want.

On the other hand, a relaxed parent does not usually make rules. The relaxed parent does not worry if the child does not follow a rule. These parents do not try to change the child. The relaxed parents help their children if they have a problem

#### **Self-Discipline - managing your own behaviour**

However, both strict and relaxed parents stop children from learning self-discipline, in other words, how the children manage their own behaviour. Strict parents make decisions and these help children to behave for a short time but it does not give the child an opportunity to solve problems or learn how to manage him or herself. Relaxed parents also have children who do not know how to manage themselves. This is because if the child behaves badly, the relaxed parents are never angry, so the child does not learn that his or her behaviour is wrong.

#### **Power and Safety**

Children of strict parents learn that power is important and that the parent has all the power. When their children become teenagers, the teenagers often get angry about how much power their parents have and

how little they have. Relaxed parents, however, often don't make rules about safety, for example, not running across the road without looking to

see if cars are coming, which sends the message that they don't care enough to be sure the child is safe. The child then behaves badly to try to make their parents give rules, which show the parents care.

**Strict and relaxed parents can both make problems for children**

Parenting styles can influence how well children do at school and how happy they are. Relaxed parents often have children who are happy to be average students at school. Strict parents often have children who worry and feel unhappy a lot of the time.

**2. Now read the article again and write T if the statement is True and F if the statement is False.**

1. A controlling parent allows his or her children to make his/her own decisions.
2. Relaxed parents try to change how their children behave.
3. Both strict and relaxed parents help children learn how to manage their own behaviour.
4. The children of strict parents are powerful.
5. Relaxed parents don't seem to care about whether their children are safe
6. Relaxed parents often have children who are top of the class.