



# Advice for Parents: How Parental Attitudes and Behaviors Impact Children's Development

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## BACKGROUND

- I decided to write this book because I felt this important information isn't always easily accessible to parents.
- Parents should have knowledge on what they can do and avoid when it comes to raising their children.
- As a developmental psychology student, I always wondered how much of the research that I studied was accessible to parents.

## GOAL OF THE BOOK

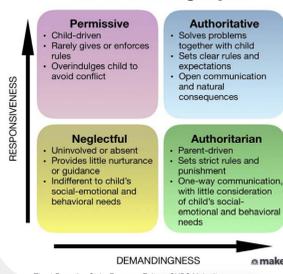
- My goal is for parents to better understand how their actions can impact their child's development.
- I hope that this book will empower parents to make choices that support their child's healthy development.
- Lastly, my main goal is that my book can be passed along to different friends and family to educate more parents and soon-to-be parents.



## GLOSSARY

- These are some of the key concepts to understand:
  - A healthy child:** a child raised in an environment with few barriers to their emotional, social, and cognitive progress. A healthy child is mentally and physically developed according to CDC milestones.
  - Parental mind-mindedness:** the parental mental state and sensitivity that allows them to recognize the child's needs and thoughts and act accordingly.

### The 4 Parenting Styles



### Attachment styles

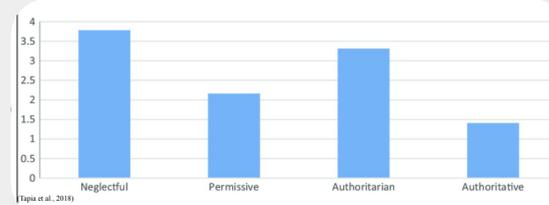


## STRUCTURE OF THE BOOK

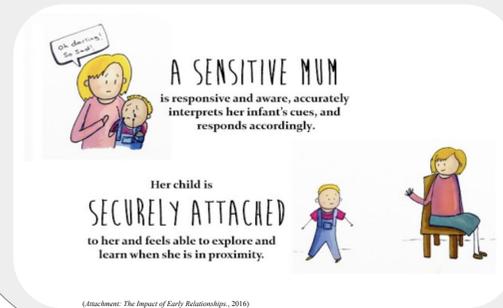
- My book is divided into four chapters:
  - Emotional Development
  - Social Development
  - Cognitive Development
  - Academic Performance

## CHAPTER I EMOTIONAL DEVELOPMENT

- Authoritarian and uninvolved parenting styles are a predictor of delinquency behavior in their children.



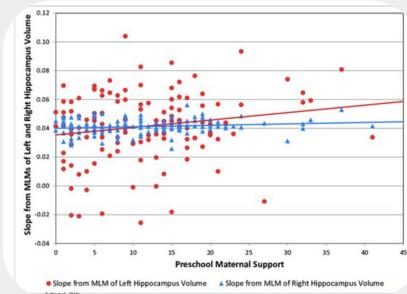
- Both parental mind-mindedness and secure attachment style are positively associated with a child's emotional development. Parental mind-mindedness is also a predictor of emotional regulation skills in children at ages two and five.



(Attachment: The Impact of Early Relationships, 2016)

## CHAPTER III COGNITIVE DEVELOPMENT

- The bond of a secure attachment style has a positive impact on the formation of the hippocampus, which is the area responsible for learning and memory in the brain.



- Fathers who regularly spend time playing with their children enhance their cognitive skills when they enter kindergarten.



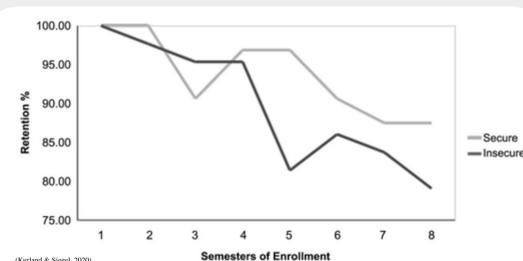
## CHAPTER II SOCIAL DEVELOPMENT

- Authoritarian parenting is associated with bullying behaviors in children, which were carried to adolescence.
- Children whose parents experienced high levels of stress during pregnancy were shown to have dysfunctional social development from one to three years old.



## CHAPTER IV ACADEMIC PERFORMANCE

- Securely attached students maintained and graduated with a higher GPA compared to other students who had other types of attachment styles.



(Karlund & Siegel, 2020).

- Paternal authoritarian behaviors were negatively associated with intrinsic motivation for first grade. However, paternal authoritarian behaviors were positively associated with intrinsic motivation for third graders.

## TANGIBLE ACTIONS

- Some recommendations and tangible actions that parents can follow to enhance their child's development:
  - Pay attention to their child's needs and do their best to meet them while maintaining reasonable expectations to maximize their child's emotional development.
  - Provide social feedback and offer insights about their social world in order for them to have healthy social interactions and relationships.
  - Invest in playtime, reading time, and different activities to enhance their cognitive development.



- Be open, sensitive, and supportive to their struggles, failures, and achievements to help their child boost their academic performance.



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