

Maarif Family Bulletin
October 2025 | Issue: 18

MAARIF family



5 | The Effect Of
Parenting Styles
on Child Development

16 | Tips For Supportive
Parenting

Parenting Styles



MAARIF
family



presentation

Mahmut M. ÖZDİL
Turkish Maarif Foundation President

Dear Parents,

Turkish Maarif Foundation, which carries out formal and non-formal education activities all over the world, operates internationally to share Türkiye's experience and knowledge in the field of education. Our foundation, in accordance with the principles of Law No. 6721, is authorized to establish and operate international educational institutions from preschool to higher education. In addition, it provides scholarships and housing support to students, conducts research and development activities in education, develops curricula, organizes international education fairs, and prepares periodic and non-periodic publications. Our Foundation acts with the mission of raising "Virtuous People" by blending humanity's common heritage and values. A good and virtuous person is one who uses his/her intellect, has willpower, has a conscience, and is always active. We believe it is necessary to create suitable conditions for good people to grow. At this point, as Turkish Maarif Foundation, we act with the awareness that every child is unique and has their own individuality. We know that each of our students has a unique color, voice and style, and we strive to offer them the most appropriate approach accordingly. Thus, we aim to help our children realize their own potential. In this regard, we highly value collaborating with our most important educational stakeholders, our parents. With the support we receive from our parents, we grow stronger as we carefully prepare each of our children for the future.

The family has an important role in the child's education process. Children gain their first experiences of life with their families. Children need the loving guidance, support and direction of their families to grow up healthily, prepare for life and acquire the necessary skills. This education process starts in the family, and the school builds on this foundation laid by the family by adding knowledge, skills, and values. The cooperation between school and family has a positive impact on children's development and provides them with great strength on their educational journey.

As Turkish Maarif Foundation, we see involving parents in the educational process as an important responsibility in preparing our children for life. Maarif Family Bulletin is prepared for you, our valuable parents, as a requirement of this responsibility. Maarif Family Bulletin aims to guide our parents and increase school-family cooperation to support the physical, mental, emotional and academic development of our children in the best way possible. In each issue, we provide you with information, recommendations, and activities within a special theme. We believe that this work, prepared with great dedication and effort, will raise awareness among our parents, contribute to the development of our students, and we present **Maarif Family Bulletin** for your benefit.

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IN THIS Issue

Dear parents, in this issue, we have covered the topic of “Parenting Styles”, which is of great importance for you in the process of raising children. Children, the most valuable resource in shaping our future, can internalize lifelong values only if they are raised in a family that embraces positive parenting styles. Based on the fact that parenting styles are one of the dimensions that have the strongest impact on the growth process of children, we aim to raise awareness, provide guidance, and help parents cultivate positive approaches.

To this end, we have focused on different types of parenting styles, enabling you to identify your current style, understand how to adopt a more positive one, and develop the skills needed to adapt to changing life conditions. In addition to the information provided, we have enriched the content with various suggestions and activities. Remember that there is no perfect parenting journey; what is truly important is your effort to be sensitive to your children’s needs with love and attention. This issue has been prepared with the aim of offering children a family environment where they can grow safely and discover their identities. We hope you find it helpful, dear parents, and we wish you an inspiring read.

Guidance and Psychological Counseling Coordination Office
Department of Educational and Instructional Practices

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PARENTING STYLES

●● Parenting is not only about raising a child by meeting their physical needs, but also about safely accompanying and guiding them on their physical and emotional growth journey. ●●



The family retains its importance with its structure that connects people, offers them a common life purpose, and makes them feel valuable. The dynamics of each family are shaped by many factors—such as parents' own childhood experiences, cultural values, belief systems, lifestyles, psychological background, and the nature of inter-parental relationships—and, accordingly, parents adopt various attitudes in their relationships with their children. By developing positive parenting styles, the aim is to support effective parenting skills, strengthen family relationships, and enable children to realize their full potential.

The totality of signs that show how parents behave towards their children, how they approach them, and how they communicate with them constitutes parenting styles. The language parents use when communicating with their children, the boundaries they set, their approach to discipline, and the situations they respond to reflect their attitudes. Parenting styles have a crucial role in shaping children's perception of themselves and the world, influencing the relationships they build with themselves and others, and forming their self-perception. Parenting styles, which play a decisive role in areas that will be important for life, such as personality development, self-confidence, social relationships, expression of emotions, and academic achievement, can also have a direct impact on children's life satisfaction.

Children, especially at an early age, observe their environment during the learning process. They build their identity in life by evaluating many clues, such as how their parents react to their behavior, how their feelings are responded to, and how people communicate with them. If these tips are loving and consistent at the same time, the child's self-confidence increases, social skills improve, and he/she can establish healthy relationships with himself/herself and the outside world. At this point, if a harmful parenting style has been adopted, recognizing that parenting is a lifelong learning process is the first step toward positive change. In this way, parents can reflect on behavioral patterns tied to their style and gain the opportunity to develop healthier and more supportive attitudes.

Parenting is not only about raising a child by meeting their physical needs, but also about safely accompanying and guiding them on their physical and emotional growth journey. Therefore, the styles and behaviors of parents have an important place in the development of the child, as they create permanent marks in their lives.

The efforts you make as parents and the healthy attitudes you develop along the way will make you say, "I'm glad I did that!" when you look back.

THE EFFECT OF PARENTING STYLES ON CHILD DEVELOPMENT



Remember that no parent is perfect, and it is completely normal to make mistakes from time to time. What is important is to question your mistakes, act sensitively to your child's needs, and develop constructive attitudes.

Similar to the way a seed requires certain conditions to germinate, such as adequate soil, water, and sunlight, children need consistent, constructive, and supportive parenting styles to grow up healthy. Parenting styles can significantly impact children's self-awareness, their perspective on life, and their relationships with others. Therefore, we can say that parenting styles are an important factor in determining what kind of identity a child will form later in life.

Children who grow up in homes with strict rules, where children's needs and opinions are ignored, where punishment is frequently used, and boundaries are inconsistent, may become introverted or, conversely, rule-breaking adults. Attitudes where children are allowed to do whatever they want, without boundaries or rules, can lead to impatient and insatiable personality traits. Attitudes that fail to provide children with sufficient love and attention, neglect them, treat them with indifference, and leave them emotionally isolated can harm their emotional development. Children who grow up in homes where they can express their opinions, where boundaries are clear but flexible when necessary, and where love and compassion coexist with rules, can become confident, self-respectful, free-thinking, responsible, and happy adults.

Children who learn about life from their parents' perspective discover themselves through the quality of the feedback they get from their parents' words and actions. In this context, if parents who exhibit overly protective, oppressive, indifferent,

or permissive attitudes become aware of the harm they are causing their children and change these attitudes to loving, understanding, consistent, supportive, and encouraging ones, it will bring about a major change in their children's lives.

The attention, compassion, love, and guidance that parents show to their children during their growing-up years form the foundation of the personalities that their children will develop in the future. A child who forms secure attachments with their parents and whose boundaries are well protected can lead a more functional life as an adult with developed self-esteem and social skills. In this context, parenting styles are of vital importance in terms of leaving permanent marks on the child both today and throughout his/her life.

When families realize that parenting is a challenging but equally enjoyable journey, and that it is important to accompany children as they grow up, it becomes possible to respect their personalities, support them, and build a healthier future. Remember that no parent is perfect, and it is completely normal to make mistakes from time to time. What is important is to question your mistakes, act sensitively to your child's needs, and develop constructive attitudes.

It is in your hands to reflect on your parenting journey, identify your parenting style, and build a healthy attitude to provide your child with a stronger future!

“ Parenting styles can be categorized as authoritarian, uninvolved, permissive, inconsistent, overprotective, perfectionist, and democratic. ”



TYPES OF PARENTING STYLES

Parenting styles can be categorized as authoritarian, uninvolved, permissive, inconsistent, overprotective, perfectionist, and democratic. These classifications are not sharply separated from one another. Parents may have characteristics of different styles, and characteristics of one style may be more dominant than others.

Authoritarian Parenting Style

Authoritarian parents are far from establishing warm relationships with their children. Strict rules prevail at home. Demands are made without considering the child’s wishes and needs. Obedience is essential, and children are punished when they do not comply with their parents’ wishes. At this point, parents have excessive and rigid control over the child’s behavior and life in general. Children of authoritarian parents may be shy, fearful, dependent on their families, and have difficulty forming healthy relationships

with their surroundings. However, when the power of authority disappears, they can become rebellious and bullying towards weak people. These children may experience indecisiveness, low self-confidence, and intense stress in their adult lives.^{1,2}

Uninvolved Parenting Style

Parents with an uninvolved parenting style do not care about the child and are indifferent to his/her interests and needs.³ This attitude can cause the child to feel excluded and alone within the family. These children do not feel safe in the family. This situation may lead the child to display behavioral problems, experience communication difficulties, and have low self-confidence.^{1,2}

Permissive Parenting Style

Parents with a permissive style do not set any limits on their children and leave them free in every way. In this kind of family, the child’s wishes

are placed above everything else. These requests are fulfilled even if they are illogical. When the child makes a mistake, it is tolerated. As a result, the child does not learn from their mistakes and cannot distinguish right from wrong. Parents with this style do not take responsibility and have difficulty maintaining self-discipline. However, when these children do not get what they want, they experience great disappointment. This situation negatively affects the development of social relationships.^{1,2}



Inconsistent Parenting Styles

The behavior of parents with inconsistent style often varies. These parents can sometimes adopt an overly tolerant style and sometimes an authoritarian style. This may cause the child to become confused. Since parents react differently to the same behavior at different times, the child is unable to predict the consequences of his/her actions. These parents' children may grow up to be indecisive, unstable, and insecure individuals.^{1, 2}

Overprotective Parenting Style

Parents with an overprotective style try to overprotect the child. Every parent wants to protect and care for their child. However, parents who adopt this attitude often take their protectiveness to the extreme. This protectiveness also involves excessive control. Parents intervene even in situations where the child can protect themselves. This situation may cause the child to become vulnerable, unable to learn how to defend themselves, and unable to develop decision-making skills.^{1,2}

Perfectionist Parenting Style

Perfectionist parents cannot tolerate the mistakes their children make; they want them to do everything perfectly. The reason why parents adopt this attitude may be that they want their children to achieve the goals they were unable to achieve in their own lives. Parents' demands and expectations can put heavy pressure on children. The child may not be able to cope with these high expectations. This situation can cause children to feel inadequate and unsuccessful.^{1,2}

Democratic Parenting Style

Democratic parents value their children and take their wishes and needs into consideration. Healthy and positive relationships develop between parent and child. A supportive, safe, and warm environment is created within the family. Parents set expectations by taking into consideration the child's developmental level, wishes, needs, and capacities. These parents want their children to take responsibility for themselves. They support and guide them in this process. Children growing up in this family can develop into socially and emotionally mature, self-confident, independent, and responsible individuals.^{1,2}

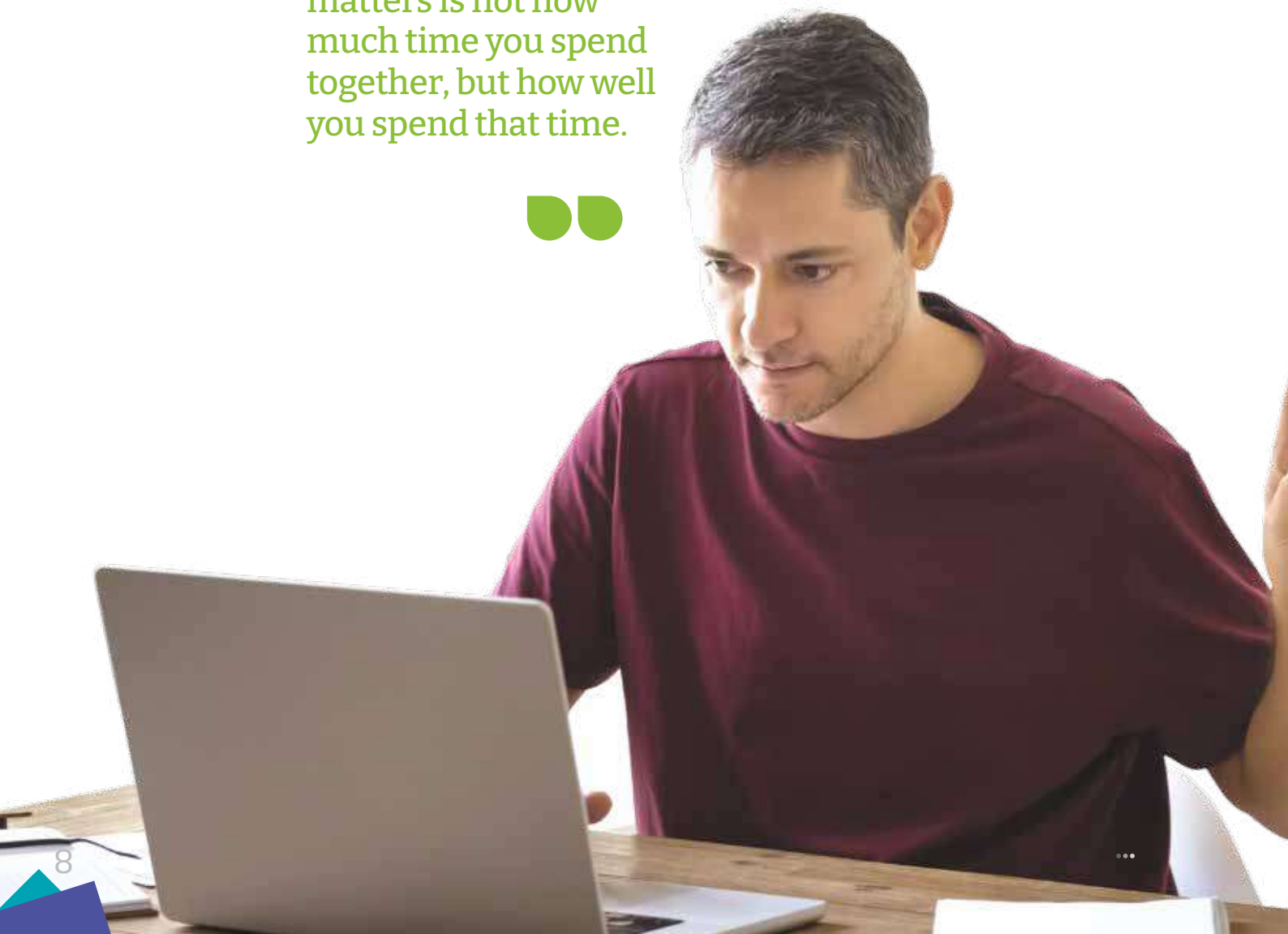




THE EFFECT OF WORK LIFE ON PARENTING STYLES



Remember, what matters is not how much time you spend together, but how well you spend that time.



The culture of the family, which is a part of society, is shaped by the values of the society in which it exists. The profound changes that societies have undergone throughout history have also affected the family. These changes occur especially as a result of the differentiation of socioeconomic and socio-cultural structures.⁴ In this context, the increased involvement of parents in working life due to today's living conditions is one indicator of these changes. Parents who are more involved in their careers than in the past may also exhibit changes in their attitudes toward their children. Especially long working hours cause fatigue and ineffective use of time, and can make it difficult to communicate effectively with children.

Parents who realize that they cannot devote enough time to their children due to their busy work schedules may adopt an attitude of allowing too much freedom and setting no limits, feeling guilty about this. The decrease in their tolerance due to fatigue experienced in their professional lives may cause them to behave in a more authoritarian and rule-oriented manner toward their children. When they are unable to manage their time

effectively with their children at home, they may fail to give their children the attention they need and may neglect them. Although all these behaviors have different characteristics, what they all have in common is that they are characteristics of an unhealthy attitude.

The most important point for busy parents is to first recognize their negative attitudes. For this reason, it will be beneficial for them to pay attention to their children's needs and spend time with them one-on-one. Remember, what matters is not how much time you spend together, but how well you spend that time. Age-appropriate small adjustments can be made to make this time more meaningful. For example, you can improve the quality of the time you spend with your child through simple but effective approaches—such as having even brief conversations shaped by genuine interest, eating dinner together, talking about their day during meals, and playing short games.

Despite the challenges of life, families who manage to stay united around common values with their children are aware of and strive for the necessary ways to cope with difficult situations. The most important point here is to keep the communication bond between parents and children alive so that they can feel the satisfaction of living together in every sense. Parents who set clear boundaries in their relationships with their children, strengthen communication, and prioritize their children's emotional needs can maintain a healthy attitude and bond with their children without burning out, even while balancing work life.



PARENTING STYLES IN DIFFICULT TIMES

During times of change, children need more trust, love, tolerance, and listening. Innovations can be confusing and challenging for children.



Family is a social structure where trust is built and that provides and maintains the physical, psychological, and social existence of individuals. Parents in the family ensure that the values and principles of this structure are passed down from generation to generation. In normal life, one or all members of a family may encounter difficult times that affect them and that they may find hard to cope with. Strong family structures built on mutual trust, respect, love, and healthy communication can overcome difficulties by showing solidarity in these difficult times.

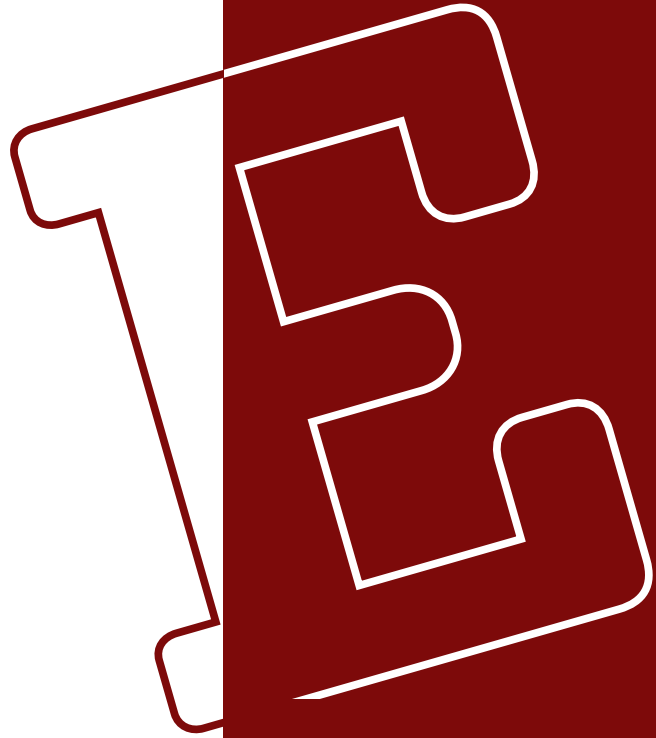
Challenging experiences such as the loss of a member of the extended or nuclear family, parental separation, long-term illnesses, natural disasters, or economic problems may negatively affect family members. Children, in particular, may be more affected during these processes. Challenging events are inherently difficult times that require more strength, trust, respect, love, and understanding. Behaviors and attitudes shown in response to incidents can either strengthen or weaken the family structure. Challenging events can be described as situations that disrupt the normal flow

of life, change it, or cause it to move in a negative direction. In such a situation, it will be beneficial for families to make a joint effort to navigate the process with minimal harm. Although the family is a structure that works together like the gears of a clock, children may experience more anxiety than adults. Parents acting in harmony as much as possible and using their mutual expression and listening skills contribute to the solution of problems and the reduction of negative effects. Effective communication methods, accepting and expressing emotions, and maintaining routines help both parents and children navigate difficult times.

Challenging events can lead to positive or negative changes in family habits. For example, in a family going through a divorce, the roles of parents may change. This may lead to differences in parenting styles. This change may cause emotional confusion, self-blame, anger, or introversion in children. The concept of psychological resilience, defined as the ability to be flexible in the face of challenging events and to keep processes going, also applies to children and young people. Psychological resilience helps children overcome the changes they

experience more healthily, even in the face of challenging events such as grief, separation, and illness. Research has revealed that there are relationships between parenting styles and psychological resilience. For example, in a study on the relationship between middle school students' psychological resilience and parenting attitudes, it was observed that as the level of democratic parenting style increased, the level of psychological resilience also increased, and that there was a significant relationship between the two.⁵

During times of change, children need more trust, love, tolerance, and listening. Innovations can be confusing and challenging for children. In these situations, they may exhibit behaviors such as pushing boundaries, having tantrums, or remaining silent and unresponsive. Showing that the child is loved, valued, and listened to despite all these changes helps the process run more healthily. For example, it is important for a child whose parents have separated and who is adjusting to new things such as home, school, and social environment to feel safe. During natural disasters and the grieving process, it is important to make the child feel safe, to express the developments occurring during this process in an age-appropriate manner, and to allow them to experience and talk about their feelings. This way, stress caused by changes can be managed more easily. Indifference or overly tolerant attitudes during these times can cause various psychological injuries, such as alienation or detached from the process, and they may not be able to distinguish between the two emotions. Healthier boundaries can be drawn, especially by conveying to adolescents that routines and boundaries in life must be maintained. In difficult times, a family setting in which members listen to each other, come together, and share their feelings can have a healing and empowering effect.



Effective communication methods, accepting and expressing emotions, and maintaining routines help both parents and children navigate difficult times.



THE EFFECT OF TECHNOLOGY ON PARENTING STYLES



●● Since consistency between words and actions creates the biggest impact, parents should review their own digital habits and be role models for their children.



In the family, parents are the people who prepare children, who are new members of society, for life and introduce them to it. In this process, parents support children's development and prepare them for life by organizing the healthiest, safest, and most suitable environments for learning. Every period brings innovations that parents should be aware of when raising their children. Parents should be aware of these innovations and act consciously. In today's world, rapidly evolving technology gives rise to new needs. Children are exposed to technological developments at a very young age and become vulnerable to the negative effects they bring. In order to prevent this, parents should increase their awareness and strengthen their family structures.

Technology is a set of tools that make our daily lives easier and better. The technological devices that children are most exposed to and even use are mobile phones, tablets, and televisions. Studies show that there are relationships between children's technology use and parenting styles. For example, when parents find it difficult to handle their children, they may tend to use a mobile phone, tablet, or television as a tool to 'quiet' or 'distract' them.⁶ Parents may use cartoons, videos, or games as a tool, especially for younger children, while they're eating, falling asleep, or in crowded spaces.⁶ This situation may cause children to develop technology addiction, exhibit behavioral disorders, and have their communication skills negatively affected. Indifferent, unstable, indecisive, or overly tolerant parenting styles can pave the way for primary and secondary school children to develop addictions to internet games and social media. A study with adolescents found that internet addiction was more common among those whose parents practiced a neglectful parenting style than among those with other styles.⁷ Furthermore, with the increase in mobile phone use and the decrease in age of use, social media has become an important factor for many age groups. With the increase in social media usage, it is observed that the younger age group is exposed to appropriate or inappropriate content, posts, and social media influencers. Unlimited and unconscious use causes young people to develop self-confidence problems, experience adaptation and communication problems in social life, be exposed to bullying, and access content that is not suitable for their development. It has been observed that in family structures where healthy boundaries are

not established and an environment conducive to the development of self-discipline and self-control skills is not provided, harmful addictions brought about by technology also emerge.

To ensure that technology has a healthier place in their child's life, parents can consider the following suggestions.

- ❁ Since consistency between words and actions creates the biggest impact, parents should review their own digital habits and be role models for their children.
- ❁ Opportunities should be created for children to express themselves by preparing family environments where they can openly and sincerely talk about the negative or value-incompatible content they may be exposed to, the difficulties they experience in distinguishing right from wrong, and the situations in which they feel insecure.
- ❁ Healthy limits should be established for children's technology use according to their age group, but these limits should not be used as a tool to achieve desired behaviors through a reward-punishment system. In doing so, the involvement of older children in the process of setting boundaries prevents potential conflicts and enables them to take responsibility.
- ❁ Choosing technology content according to age group and values will help children determine their own limits.
- ❁ Preparing alternative games and activities, especially for younger age groups, is important to prevent unconscious technology use. Children should be given opportunities to create their own games, and they should be helped to realize that technology is not merely a tool for "relieving boredom".
- ❁ Being open to learning about digital parenting and developing digital literacy skills, making this a part of family traditions, will create a natural learning environment for the child and pave the way for them to develop healthy habits.⁸



MISTAKES MADE IN PARENTING STYLES

Underestimating the child's thoughts and feelings:

If your child is experiencing an intense emotion - for example, anxiety, fear, etc. - do not underestimate the child's inner experience with statements such as "Don't exaggerate, there is nothing to be so afraid of." This can cause the child to become alienated from his/her own emotions and suppress them. On the other hand, belittling a child's thoughts with phrases like "What a ridiculous thought!" can discourage the child from expressing his/her thoughts.

Being overprotective:

Every parent wants to keep their children safe by protecting them. However, excessive protective behavior can negatively affect the child's development. If parents make decisions on behalf of the child by considering all possible situations, constantly intervene, and do not allow the child to make mistakes, this—although done with love and care—may lead to the restriction of the child's freedom of action, the underdevelopment of decision-making skills, and the weakening of

self-confidence. At the same time, this attitude of the parent gives the child the message: "You can't do it, so we do it for you."

To compare:

Comparing your child to others can increase feelings of envy. When a child's envy grows too much, it is accompanied by the thought "I am not enough!". Thus, the child may always think that others have better and more beautiful things than he/she does. This situation may lead to feelings such as competition, anger, and jealousy in the child.

Expecting him/her to do everything right:

Expecting children to do everything right and never accepting mistakes stems from parents' perfectionist attitude. This attitude makes children feel inadequate. They learn to criticize themselves like their parents, feeling more inadequate. Children learn by making mistakes. Parents should guide the child who makes a mistake and help him/her learn the right way.

Labeling:

Labeling can damage a child's sense of self. For example, when a child accidentally breaks a glass, parents scolding the child by saying "You're clumsy!" or "You're such a lazy child!" is a form of labeling. Children can transform what they hear from the environment into self-labels and define themselves through these labels.

Not communicating clearly:

Not communicating clearly with children can cause them to become confused. Speaking clearly and concisely as a parent helps convey the message accurately. This will improve communication between you and your child.

Conditional love:

Children should be loved unconditionally. Love is too precious a feeling to be bound by any conditions. Sometimes parents may tie love to success or to the child behaving the way they want. For example, approaches such as "I won't love you if you are a crying child" or "I will hug you if you are a good child" include this attitude. Such statements convey the message to the child: "I will only love you

if you become the child I want." These children may feel worthless and unable to love themselves as they are.

Constantly giving advice:

Adults' experiences can guide young people. However, constant advice from adults to young people can damage communication. Teenagers, in particular, may find this boring, and the advice may have the opposite effect. Instead, a more functional way is to listen to and understand young people effectively.

Not setting limits:

In order for children to grow up as healthy people, parents need to set boundaries for them and teach them their own limits. Learning the boundaries correctly enables the child to protect himself/herself and to learn not to violate the space and rights of others.



TIPS FOR SUPPORTIVE PARENTING

The aim in parenting is not to provide perfection but to be “good enough.” In this way, it is possible to recognize and question the attitudes you have adopted and to change the unhealthy aspects of them to reach the right attitudes.

The parenting style you adopt plays a very important role in how your child makes sense of the world and determines what kind of adult he/she will become. The aim in parenting is not to provide perfection but to be “good enough.” In this way, it is possible to recognize and question the attitudes you have adopted and to

change the unhealthy aspects of them to reach the right attitudes. You may think you are too late, but every change you consciously initiate is a very important step in your child’s life journey. Here are some tips that can help you achieve the right attitudes in parenting:



- ❖ Teach your children to recognize and express their emotions rather than teaching them to suppress them.
- ❖ Accept your child's feelings by making room for them.
- ❖ Especially in times of crisis, instead of reacting impulsively, be sensitive to your child's emotional needs.
- ❖ Adopt a consistent approach to the boundaries you set in your relationship with your child.
- ❖ When setting limits for your child, explain the reasons and set clear boundaries.
- ❖ Strive to find a balance between love and boundaries by adopting an approach that provides sufficient love while also setting clear boundaries with discipline in your relationship with your child.
- ❖ Praise your child's positive behavior to reinforce it and shape his negative behavior with a constructive approach.
- ❖ Instead of criticizing your child's mistakes destructively, use a guiding approach that helps him/her learn from them.
- ❖ Listen carefully to your child, focus on spending quality time with him/her, and get to know his/her world.
- ❖ Çocuğunuzu başkalarıyla kıyaslamak yerine onun kendi dünyasında var olmasına izin verin.
- ❖ Instead of comparing your children to others, allow them to exist in their own world.
- ❖ Be a role model for your child with constructive words and actions.
- ❖ Be aware of the pressure on social media or society to be "perfect parenting" and focus on being "good enough."
- ❖ Do not hesitate to seek professional support if you are having difficulties.



WHICH PARENTING STYLE DO YOU HAVE?

Below are various items that describe the characteristics of different types of parenting styles. Read all the items and mark the statement that suits you (✓). After completing the markings, you are more likely to have the parenting style that has more (✓) under it. However, having more signs for a parenting style does not only indicate that you have that style; you may also have ticks in other attitudes that match you, and this means that you can exhibit other attitudes as well.

The most important point you should remember is that it is not possible to be perfect in the parenting journey. As long as you are aware of your own attitude and are willing to replace aspects that are not beneficial to your child with those that are, it is possible to build a safe and loving relationship with your child. Enjoy the parenting journey with this awareness and effort!

Authoritarian Parenting Style

- I set strict rules at home.
- If my child does not follow the rules, I punish him.
- If my child obeys the rules, I show him/her love.
- What is important is not my child's wishes and preferences, but the rules I set.
- I believe that having a warm relationship with my child will spoil him/her.
- I control my child's behavior.
- I expect my child to obey me in all circumstances.
- My authority is more important than my child's feelings and thoughts.

Uninvolved Parenting Style

- I do not care about my child's wishes and needs.
- I don't care about my child's behavior; I don't control what he/she does.
- I spend very little time with my child.
- My child's emotional needs are not a priority for me.
- My own work comes first.
- I do not set rules for my child; he/she can behave however he/she wants.
- I do not show physical and emotional affection to my child.
- I do not know my child's friends.

Perfectionist Parenting Style

- I can't stand it when my child makes mistakes.
- I react harshly when my child makes a mistake.
- I expect my child to do everything perfectly.
- I have high expectations of my child.
- I can't tolerate my child failing.
- I constantly check what my child does.
- I compare my child with other children.
- I do not easily like the things my child does.

Inconsistent Parenting Styles

- I react differently to my child at different times, even when he/she behaves the same way.
- I do not set clear limits for my child.
- Sometimes I am very tolerant and sometimes very cruel towards my child.
- Sometimes I pay a lot of attention to my child's emotional needs, and sometimes I don't pay any attention at all.
- If I set rules for my child, I have difficulty maintaining these rules.
- I often give sudden reactions toward my child.
- My emotional state affects how I respond to my child.
- The responsibilities I give to my child change very often.

Overprotective Parenting Style

- I feel that I must protect my child from every danger.
- I follow every detail about my child.
- I control everything my child does.
- I worry that something might happen to my child.
- I know almost all my child's friends.
- When my child has a problem, I try to solve it immediately.
- I interfere in my child's decisions.
- I don't like to give responsibility to my child; I take care of it for him/her.

Permissive Parenting Style

- I don't set limits on my child in anything.
- My child is always free to do what he/she wants.
- I accept whatever my child does; I have unlimited tolerance towards him/her.
- I try to fulfill everything my child wants.
- I find it very difficult to say "no" to my child.
- In my relationship with my child, I am more like a friend than a parent.
- I can never stand my child being upset or disappointed.



Democratic Parenting Style

- I know that my child is valuable as a person.
- I am sensitive to my child's wants and needs.
- My relationship with my child is supportive, warm, and reassuring.
- I give my child responsibilities according to his/her age.
- I allow my child to achieve what he/she wants on his/her own and guide him/her when he/she needs it.
- When my child makes a mistake, I see it as an opportunity to learn.
- I set consistent, clear, and flexible limits for my child.
- I explain the reason for the limits I set for my child.

PARENTING VALUES CARDS

Parenting values cards include values prepared to help parents develop healthier attitudes toward their children, the definitions of these values, sample sentences you can say to your child in line with these values, and questions you can ask yourself. Create a deck of cards by cutting out the boxes below. From this deck of cards, choose one value each week and, throughout the week, try to notice its meaning in your relationship with your child and put into practice both the parts you will say to your child and the questions you will ask yourself.

VALUE AND DEFINITION	TELL YOUR CHILD	ASK YOURSELF
<p>ACCEPTANCE Accepting your child's feelings without judgment.</p>	<p>I see that you are angry, sad, and anxious, and it is normal to feel this way.</p>	<p>Did I accept my child's feelings instead of trying to change them?</p>
<p>COMPASSION Adopting a kind, non-judgmental attitude towards your child.</p>	<p>I can see you're struggling. How can I help you?</p>	<p>Have I tried to understand my child with compassion instead of yelling at him/her when he/she was having a hard time?</p>
<p>BUILDING A CONNECTION Being emotionally close to your child.</p>	<p>Shall we talk a little bit about how you feel in this situation?</p>	<p>Have I tried to understand my child's feelings by asking him/her how he/she feels?</p>



VALUE AND DEFINITION	TELL YOUR CHILD	ASK YOURSELF
<p>DETERMINATION</p> <p>Acting in line with your values despite having difficulties in your relationship with your child.</p>	<p>Even though I'm a little tired, I can still take the time to listen to you. .</p>	<p>Have I taken any steps to strengthen my relationship with my child, even if it was difficult?</p>
<p>LIVING IN THE MOMENT</p> <p>Trying to focus on the moment in your relationship with your child, even when your mind is busy.</p>	<p>I'm here for you now. What do you want us to do together?</p>	<p>Have I set aside time to give my child active attention, even if it's difficult?</p>
<p>BEING FLEXIBLE</p> <p>Trying to adapt when you encounter an unexpected situation in your relationship with your child.</p>	<p>If you want, we can try a new solution together.</p>	<p>Have I been able to adapt rather than resist when circumstances changed unexpectedly?</p>
<p>SETTING LIMITS</p> <p>Set reasonable boundaries in your relationship with your child, neither too strict nor too permissive.</p>	<p>I know you love doing this, but the time we planned for this is over, so let's see what else we can do together.</p>	<p>Have I set too strict boundaries, hindered my child's autonomy, and fulfilled his/her every wish?</p>
<p>AWARENESS</p> <p>Demonstrate an approach to your relationship with your child that is aware of your inner world and looks out for your child's best interests.</p>	<p>I'm a little angry right now. When I calm down, we can talk about it.</p>	<p>Was I able to distance myself and control myself when I thought I might harm my child?</p>
<p>RESPONSIBILITY</p> <p>Taking responsibility when you realize you have done something wrong in your relationship with your child.</p>	<p>I realized that I behaved towards you in a way I shouldn't have, and for that I apologize..</p>	<p>When I realized that I was unfair to my child, did I take responsibility for my behavior and try to make amends?</p>

PARENT-CHILD ACTIVITY CALENDAR

01

Answer the questions, "What made you happiest and saddest today"

02

Do a puzzle.

03

Visit your local nursing home with your family.

04

Plant a flower and watch it grow by caring for it.

9

Write thank-you notes to your family members when they do something you like.

10

Prepare a support package for people in need.

11

Look through your family album and talk about your memories.

12

Get up early in the morning and listen to the animal sounds you can hear.

17

Identify new flowers and learn their names.

18

Listen to Beethoven's "Symphony No. 9".

19

Write a letter to a book character.

20

Find out how to say a word you like in German.

25

Find out why corn pops.

26

Write a poem describing your favorite season.

27

Gather information about Yellowstone National Park.

28

Find out five different countries where Maarif Schools are located.

Dear parents, in this parent-child activity calendar, there are suggestions for both educational and fun activities that you can do with your children or have your children do. We aim for these activities to increase the interaction between parents and children and to develop positive communication. We wish you a pleasant time...

05

Have a picnic in nature with your family.

06

Play a board game with your family.

07

Write down your dreams.

08

Watch the night sky.

13

Study the world map and mark the countries you want to travel to the most.

14

Investigate the formation of Fairy Chimneys in Türkiye.

15

Explore "Safranbolu," which is on the UNESCO World Heritage List.

16

Take a close look at Vincent Van Gogh's painting "Starry Night" and try to draw it.

21

Try making compote at home with fruit.

22

Research cloud types.

23

Prepare a collage with leaves, flowers, and other materials you collect from your environment.

24

Draw the house you want to live in in the future.

29

Try "manti", a Turkish dish.

30

Explore the benefits of aloe vera for skin.

31

Learn about an event that happened in the world on your birthday.



QUESTION AND ANSWER CORNER

Question :

As working parents, we try our best to spend quality time with our children, but we have difficulty establishing healthy screen boundaries for our children in middle school. What do you suggest we do?

Answer:

The middle school age group possesses concrete thinking skills, and it is also a period that can be described as a transition to adolescence. During this period, it is essential to recognize that your child needs to develop friendships, and in today’s digital world, they can easily do so. In particular, mobile games, computer games, and social media applications can be examples of situations that exceed healthy screen limits. Children may not be aware of the harm of excessive screen use. It is important to talk openly with your child about this issue and set boundaries together, taking your child’s wishes into consideration while doing so. What is important is to see the need behind your child’s request. Sometimes children increase their screen use because they need friends, sometimes just because they are bored. Providing opportunities for your child to develop his/her interests and talents in the arts, sports, languages, or crafts during after-school breaks will give him/her the opportunity to make new friends. The time children spend away from screens should be seen as an opportunity for them to develop themselves and truly live as “children,” rather than merely a process where parents “keep them distracted.” Activities should be designed accordingly.



Question :

We had to move to a different city due to a job change, and my child is having difficulty adjusting to school. What can I do?

Answer:

The moving process is a new experience for all members of the family. For children, this process can be a greater innovation and difficulty, especially when the school where they socialize, make friends, and spend most of their day is changed. First of all, it is important to recognize that this is a process and to approach it with understanding. If the difficulty your child is experiencing is not related to problems at school (such as bullying, exclusion, lack of acceptance, or language differences), you can be reassured that the process is normal. Trying to maintain your child's routines (breakfast times, school preparations, etc.) and participating in social activities and parent-child events within the school can be effective. It would also be beneficial to encourage your child to get used to the process rather than constantly waiting and monitoring at school. Besides, talking to your child after school and evaluating the day will create an environment where your child can express his/her feelings. Although overprotective parental attitudes tend to protect the child during this process of change, they can make it more difficult for the child to adapt. It would also be unfair to expect a child to cope with new experiences while facing an authoritarian or indifferent attitude. Making the process clear for the child, reminding him/her that technology makes it possible to stay in touch with old school friends, and creating a space of trust will be reassuring for the parent, the teacher, and the child alike. Maintaining close contact with the school counselor when necessary also helps speed up the school adjustment process.

As an activity suggestion on this subject, you can prepare a photo album for your child. By placing photos of your child's previous school in the first sections of the photo album, you can show him/her that the memories continue. You can let him/her take photos of his/her new school and then ask him/her to place them in other empty spaces in the photo album. "We prepared a photo album with your memories from your previous school. Now we are diversifying the other fields that need to be filled with photos from your new school. Therefore, you will have a very big memory album. You will have a lot of stories to tell later." By saying this, you can help your child make a connection between memories and moments.



Question :

I noticed that my teenage child was being cyberbullied on social media. What can I do for my child in this regard?

Answer:

Bullying can occur in different ways and at different stages in children's lives. It is possible to say that bullying has become more unrestricted in the cyber world, especially in the digital age. Cyberbullying can also become widespread among adolescents, the age group with increased access to cell phones. Although cyberbullying may seem less visible than other types of bullying, it can sometimes be much more damaging in terms of its effects. It is very important to create a safe environment where the young person who is bullied can express himself/herself. Explaining the situation to an adult he/she trusts and applying coping strategies will help prevent possible negative scenarios. With cyberbullying, especially among young people, situations such as loss of self-confidence, distorted body image, fear, violation of privacy, exposure to inappropriate content, threats, and blackmail may occur. Many countries around the world impose serious legal sanctions in this regard. In addressing bullying, it is crucial that the child feels safe, understands the differences between the virtual and real worlds, learns how to protect himself/herself when necessary, and develops awareness of healthy internet use. It is also wrong to respond to cyberbullying with bullying. Providing a variety of ways to manage emotions, cope with stress, and calm down helps strengthen a young person's psychological resilience. If your child is unwilling to use the internet responsibly, you can go through this process together as a family and ensure mutual support among family members. Increasing face-to-face time with family and friends can also provide an atmosphere of trust and love and repair potential psychological damage.



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