

Parenting as an Officer

Being an officer and a parent can also be a bit stressful! You have such important roles in your life: a parent and an officer. However, certain characteristics that a police officer needs to be successful may not help with parenting.

Suspiciousness:

Being suspicious of others is needed for you to do your job well. People often lie to you, so you need to be apprehensive of others. Being suspicious of your children, may not end well. Your children and loved ones may not be hiding secrets even when they make a mistake or keep things private.

Emotionally open:

As an officer, you have to keep your emotions in check in order to be seen as able to help others and be seen as competent. As a parent, your children want you to be more authentic with your emotions so that your children can understand and learn how to emote in a healthy way.

Being firm:

As an officer, you need to be seen as tough so that you are taken seriously, and are seen as the person in control. This attitude of solving problems and taking control is not always helpful when being a parent. Sometimes your family just wants to be able to talk things out and have you listen instead of solving their problems for them.

Stubbornness:

As an officer, people must follow your command, while as a parent this may not be helpful. As a parent, you may need to be flexible and patient, as your family is learning and changing.



**For More Information, Call:
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References:

Cherry, Kendra. Psychology.about.com. Parenting Styles: The Four Styles of Parenting. Retrieved from: <http://psychology.about.com/od/developmentalpsychology/a/parenting-style.htm>

Kirschman, Ellen. (2006). I Love A Cop, Revised Edition.

Grobman, K.H. (2008). Diana Baumrind's (1966) Prototypical Descriptions of 3 Parenting Styles. Retrieved from: http://www.devpsy.org/teaching/parent/baumrind_styles.html

Additional Reading:

I Love a Cop, by Ellen Kirschman

How to Talk So Kids Will Listen & Listen So Kids Will Talk, by Adele Faber and Elaine Mazlish

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults, by Frances Jensen and Amy Ellis Nutt

Parenting

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Specialists in Police and Public Safety
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Parenting is a Skill

Being a parent is a tough, but rewarding and fulfilling job. There are several different guides, styles, and beliefs of what it takes to be a “good” parent. Really, there are several ways to be a good parent, such as:

- Keeping your child/children safe
- Actively listening to your child/children
- Being affectionate and emotionally open with your child/children
- Being consistent with rules and decisions
- Setting and implementing limits
- Being a great role model
- Spending time with them
- Talking openly about worries and conflicts within the home
- Observing and discussing your child’s/children’s activities and friendships with them

By focusing on these areas, parenting can be easier and more child-oriented.

Parenting Styles

There are three types of parenting styles that are discussed and researched by Diana Baumrind: permissive, authoritarian, and authoritative.

Permissive parents often do little in regards to correcting behavior. They discuss rules and allow their children to either follow or disregard those rules. The permissive parent is not an active agent in shaping or changing their child’s behavior. This parent may be seen as a pushover to their children. Children raised in permissive households may develop behavioral problems. They may struggle with regulating emotions and tolerating distress. Children reared with this parenting style are more likely to develop antisocial behaviors.

Authoritarian parents lay down the law for their child/children. Their word is law, and little can be done or said to change their rules. Parents with this style want obedience in all areas, and when that does not happen, punishments are swift and severe. Order and structure are most important with this style and for shaping their behavior. This parent may be seen as a drill sergeant to their children. Children raised with this parenting style may be successful in school and staying out of trouble, however, they may struggle with anxiety, isolate themselves and struggle with dealing with frustration.

Authoritative parents try to direct behavior in a rational way. This parent sets rules, and discusses reasons for the rules being put into

place. If a child sees a problem with the rule and the parent agrees, changes may be possible with this style. Being autonomous and conforming are both seen as acceptable for the child and can be balanced. This parent sees themselves as not without error, however, doing their best in the situation at hand. This parent can be seen as tough but fair by their children. Those who are raised in this style of parenting are generally happy, deal well with frustration, regulate emotions well, are socially developed, self-confident, and less focused on gender stereotypes.



Another parenting style has also been discussed: the uninvolved parent. This parenting style is seen as neglectful, and abusive. Those who are parented in this style also deal with poor academics, low self-esteem, and behavior problems.

For the most part, each style has benefits, so discussing what you want your child to learn and gain can aid you in finding a style that benefits you and your family.