

Digital Resilience Toolkit

internet
matters.org

Parenting Guide

See how your parenting can help build your child's digital resilience

What type of parent am I?

1. Authoritative

This is the ideal parenting style – It's the perfect balance between setting boundaries for your child and giving them space to grow



There are four types of parenting style: **Authoritarian**, **Permissive**, **Neglectful** and **Authoritative**

How is this beneficial in building my child's digital resilience?

- You act as a guide and support by telling them you've been on this earth a little longer and have the experience to help them tackle their online issues
- You are willing to listen to your child's views and validate their feelings
- You give your child a sense of containment and ensure your child feels a sense of security to allow them to take risks
- You are giving them the control to navigate their own online world but ensuring they are also safe by having the right safeguards in place
- A child of an authoritative parent feels as though they have the respect of their parents but also respects their parents

2. Authoritarian

This is a 'my way or the highway' style of parenting

Why this may be problematic?

It can be damaging as you are minimising a child's opportunity to deal with life and crucially minimising feelings about their resilience and their grit

What could I do differently?

- Spend more time listening to your child
- Validate them for what they're doing
- Allow them to have more say in the way their lives are run



3. Permissive

This is when you want to be your child's best friend

Why this may be problematic?

A child's self-esteem is dependant on boundaries and expectations. If they don't have any boundaries or consistency, this can be problematic as they won't feel a sense of containment and they don't have the ability to self-parent

What could I do differently?

- Practice setting boundaries and implementing rules
- Openly talk to your child about your expectations of online behaviour, what they're getting up to online, who they're talking to and explain why you're establishing rules
- Don't be afraid of not being liked by your child, you need to be a parent and keep them safe online



4. Neglectful

You completely leave your child to their own devices

Why this may be problematic?

Without parent oversight, it can encourage a child to solely depend on themselves and be more vulnerable to experience online risks.

What could I do differently?

- Make time for your child and their online world
- Get involved and find out what they're up to online
- Have regular conversations
- If you are struggling to parent your child, you may need to seek help such as talking to your GP or a social worker

