



Complex Interplay of Factors that Influence Parenting Styles and Child Development

Joaquim, E. C.

Ministry of Education, Lagos State

Corresponding email: joaquimevelyn@gmail.com

Abstract

This paper recognizes the complex interplay of factors that influences parenting styles and child development. The attitudes, feelings, thoughts, and general behaviours of children will reflect the emotional climate prevailing in their homes. The more the home climate is emotionally sterile, frustrating and hostile to the needs of children the more likely it is reflected in the appearance and behaviours of the children. The uncertainty of what comes next has a long term negative effects of the children's present and future lives. It is therefore the duties of the parents to provide for the physical maintenance of the child, offers him his first and most continuing social contacts, give him affection and other emotional satisfaction, teaches him most of the social requirement of his behaviour. It was recommended that parents should provide emotional supports to their children. They should be good role models for their children to emulate. Parents should also adopt effective parenting style that will enhance their children's self-esteem and promotes good behaviours in them.

Keywords: Parenting styles, child development, complex interplay, nurturing environment.

1. Introduction

Parenting styles and child development are complex and multifaceted topic that encompass a wide range of physical, emotional, cognitive and social changes that occur from infancy to adolescence. As children transit from childhood to adulthood they undergo a profound array of physical, emotional and psychological changes. It is crucial for parents, caregivers and professionals who work with children to understand these changes. It is important to note that child development is shaped by a dynamic interplay of generic, environmental and cultural factors and parents and caregivers play a vital role in providing a nurturing environment that supports healthy growth and development.

In this paper we will take a close look at some aspects of parenting and child development such as: Cognitive, Social, Language, Physical, Moral, Parent-child developments and Emotional intelligence. We will also look at factors that make up effective parenting and what is involved; such as supportive and nurturing environment that promotes healthy development across these domains listed above.

These includes:

1. Providing emotional support and validation
2. Encouraging independence and self-reliance
3. Setting clear boundaries and expectation
4. Modeling positive values and behaviours
5. Encouraging socialization and play

6. Providing opportunities for learning and exploration
7. Practicing positive discipline and conflict resolution.

When parents and caregiver understand the complex interplay of factors that influence child development they will then be able to provide a supportive and nurturing environment that promotes healthy growth and development of the child.

How Parenting Influence Child Development

A youngster who receives positive parenting is better able to deal with social issues. Negative parenting causes sadness and social and cultural issues, although it is necessary for early cognitive growth, emotional equilibrium, and mental maturation. A child's behavior is influenced psychologically by their parenting style. Positive parenting can help children develop cognitive skills, language skills and emotional balance. It can also help children face problem and build confidence.

Cognitive Development

The early years of a child's life are crucial to their total development because cognitive development lays the groundwork for competence, self-worth, and success in adulthood.

Ways parent can help develop children cognitive skills

1. Parents can encourage curiosity by asking questions, exploring interest and seeking answers
2. Ensuring their child's cognitive growth by monitoring and regulating their screen time
3. Assisting them in creating productive study habits and time management techniques

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4. Playing games with the children encourage creativity and problem solving skills

Parenting and Emotional Influence

Parenting style and emotional intelligence are closely linked, with parenting style having the potential to impact a child's emotional development. Ways parents can help their children develop Emotional Intelligence

1. Parents can model emotional intelligence for their children.
2. Parents can let their children know that all emotions are important and it's okay to express them.
3. Parents can help children identify their emotions
4. Parents can show their children how to express themselves in a healthy way.
5. Parents should avoid solving their children's problems all the time.
6. Emotionally intelligent parents accept their children's emotion and shouldn't dismiss or criticize them.
7. Emotionally intelligent parents view their children's difficult feelings as opportunities to connect, empathize and teach.

Nonetheless, studies indicate that emotionally intelligent children typically have parents who are sensitive to their children's emotional needs.

Parenting and Language Development

When it comes to their children's language development, parents are crucial.

Some ways parents can support language development

1. Parents should have frequent conversation with the child during everyday activities like reading, meal time, playtime and chores
2. Parents can use a diverse vocabulary and challenging sentences when speaking to toddlers and pre-schoolers
3. Parents can practice serve and return interactions which can help improve the child's social and communication skills.
4. Parents can share stories, songs and traditions from their culture with their child.
5. Parents must be patient and shouldn't complete child's sentence, though correct their pronunciation or ignore them if they can't understand what they are saying.
6. Provision of stimulating toys and activities will encourage exploration
7. Parents should limit the child's screen time.

It is very important to note that children learn language through natural interaction with the most important adults in their lives. Therefore parents need

to spend more time interacting with their children than speech language pathologist. In fact parents have many opportunities to help promote language development of the children.

Parenting and Physical Development

There are numerous methods parents can encourage their kids' physical growth:

1. Parent can model healthy eating and physical activity and encourage their children to do the same.
2. Parents can provide scaffolding to help children develop physical abilities such as teaching them to ride bike or button their clothes.
3. Parents can teach safety and maintain safe home environment, especially in the early years.
4. Parents can help adolescents appreciate their own bodies and developmental experiences.
5. Parents can stimulate infants and toddlers to develop fine motor skills for example, they can encourage them to manipulate by creating space to practice.
6. Parents can help children get enough sleep, eat well and stay active.
7. Parents can help them keep up with regular checkup and immunization.

Parenting and Moral Development

Authoritative parenting is considered as most effective parenting style for moral development while permissive and authoritarian styles are less effective. Parents can help children develop mature moral thought by providing explanations and reasons that are developmentally sensitive and appropriate to any situation.

1. Parents are often children's first teachers and unconscious role models, children learn what is right and wrong from their parent's teachings and guidance.
2. Parents can help children think critically about their actions by explaining the reasons for rules, applying rules at home and reacting appropriately when rules are broken.

Parent Child Relationship

A healthy parent child relationship is built on trust, love and support. Let's us look at some tips for building a positive relationship with the child.

1. Parents must be open to dialogue and practice active listening.
2. Spend quality time together with the children-building meaningful conversations, reading a bed time story or doing a favourite happy together moment.
3. Parents should set boundaries because clear boundaries help children to make good decisions and choices.
4. Be consistence with rules and be discipline.

5. Parents must understand and validates the child's feeling
6. Parents should embrace the child individuality and unique qualities.
7. Parents must be firm, fair and friendly.
8. Eat meals together, put away devices and enjoy each other company.

In a healthy parent-child relationship, the youngster feels protected, loved, and accepted.

Parenting Style

Diana Baumrind, a psychologist from the 1960s, distinguished three primary parenting philosophies: permissive, authoritative, and authoritarian. In the 1980s, Stanford researchers Eleanor Maccoby and John Martin established a fourth parenting style: neglectful. Generally speaking, parenting styles are determined by how much control and support parents exercise some common parenting styles are:

1. **Authoritative Parenting Style:** Also referred to as a balanced parenting approach, it entails treating a child with equal affection and discipline. These types of parents build a close and nurturing bonds with their children through high expectations and frequent communication. According to research, the authoritative parenting style is the finest in the world, while the other three parenting philosophies are flawed.
2. **Loving a child unconditionally** without enforcing rules is known as permissive parenting. Parents are indulgent and lenient with discipline, allowing children a high degree of freedom and autonomy.
3. **An authoritarian parenting approach** is one in which a child is constantly disciplined without any affection. Parents set strict rules and punishments and may respond with criticism, anger or punishment if a child disappoint them.
4. **An uninvolved parenting style** is one in which the child is left on their own and the parent does neither of the two—love nor discipline. The parents give children a lot of freedom and generally stay out of their way.

Psychologist Views on Parenting Styles

Parenting style, according to psychologists, is a pattern of behavior, attitude, and methods a parent employs when engaging with and rearing a kid. The two primary parenting dimensions that Baumrind (1991) first defined were demandingness/control and acceptance/responsiveness. However, there is still substantial debate over these two aspects of parenting (Renaldi & Howe, 2012).

According to Berne (2007), parents who are receptive and welcoming of their kids are more likely to show them affection, support, and attention to their needs. On the other hand, inattentive and unaccepting parents

often ignore their children, criticize them, and show insensitivity to their needs. While undemanding and uncontrolling parents prefer to give their kids greater freedom and make few expectations of them, demanding and controlling parents often set rules and keep an eye on their behavior. Parents who are not involved are neither demanding nor responsive. These two qualities give rise to the four parenting philosophies (permissive, authoritarian, authoritative, and uninvolved).

Parents that are authoritative are able to set expectations for their kids while also exercising age-appropriate control. They are loving, have clear communication, and react to their kids' needs. This indicates that they are adept at striking a balance between responsiveness and demands. Additionally, they properly supervise their children's behavior and establish clear norms (Alegre, 2011). Children who have an authoritative parent-child relationship have greater levels of self-competence, self-esteem, social competence, and academic performance. Additionally, it has been noted that these kids exhibit the lowest levels of externalizing behavior (aggression, attention issues, hyperactivity) and internalizing behavior (depression, withdrawal, anxiety, somatization). Positive developmental outcomes are thought to result from having warm and encouraging parents (Camp 2012; Renaldi and Howe 2012). Higher levels of emotional sensitivity, perspective taking (being conscious of and understanding other people's situations), and personal behavior (e.g., sharing and donating resources, comforting others, volunteering for charitable activities, and helping the needy) are also associated with warm parent-child relationships (Carlo et al., 2010). According to Alegre (2012), children of authoritative parents perform better on tests of adjustment, attachment, resilience, academic accomplishment, social and academic competence, and pre-social behavior than children of the other three parenting philosophies.

Children raised by authoritarian parents are expected to submit to their authority and not to question it. They are demanding, status-driven, and frequently indifferent to their children's needs. There is typically little communication between these parents and their kids (Camp 2012). Because authoritarian parents are severe and controlling, their children may exhibit high levels of anger and self-centeredness as a result of the demands they make on them. Aggressive tendencies and antisocial behavior are frequently the result of disciplinary measures including vocal reprimands and physical punishment (Camp 2012). The complicated phenomena of parental demandingness is characterized by both positive and negative reactivity. Monitoring and supervision, offering control autonomy, setting age-appropriate expectations and demands, and using inductive punishment are all examples of positive responsiveness. Higher academic functioning, personal happiness, confidence, and prosocial behavior with lower risk-taking are frequently linked to this.

Psychological control and inconsistent severe and punitive discipline are examples of negative responsiveness. Higher internalizing and externalizing behavior, cognitive anxiety, and an increased risk of personality disorder are frequently the outcomes (Alegre, 2011). What distinguishes authoritative parenting from authoritarian parenting is that authoritative parents are more likely to be perceived as reasonable, fair, and just, and their kids are more likely to follow their parents' instructions because these parents set rules and explain them, which increases the likelihood that the kids will internalize the lessons. Instead of only abiding by the rules out of fear of punishment, as they may with authoritarian parents. Children of authoritative parents are able to comprehend the rationale behind regulations, recognize what is reasonable and appropriate, and make an effort to abide by them in order to satisfy their own internalized sense of right and wrong.

Neglectful and permissive parents don't put much pressure on their kids and don't have much influence over them. Neglectful and disengaged parents frequently exhibit minimal affection and little communication with their children, whereas permissive parents are receptive to and loving toward their kids (Alegre, 2011). Children of permissive parents appear to have low self-reliance and self-control, a greater propensity for impulsive and violent behavior, and poor exploratory behavior. Attachment, cognitive, emotional, and social skills deficiencies are common in children of absentee parents. Additionally, they frequently have low self-esteem and poor self-control (Berne 2007).

Which parenting approach is the most favored by child psychologists? According to child psychologists, the authoritative parenting style is the most successful and favored parenting style because it prepares the child for a successful and balanced life on all fronts—physically, cognitively, emotionally, socially, and intellectually. However, different parenting approaches are linked to

diverse outcomes for children, and the authoritative approach is typically associated with good behaviors like self-competence and high self-esteem. However, other significant elements that affect children's development include culture, temperament, how youngsters perceive their parents' behavior, and societal influences. Gaining a better understanding of your parenting style will enable you to experiment with alternative methods of raising your kids.

Tips That Can Aid Parenting Styles:

1. Boost Your Child's Self-Esteem: When babies experience themselves through their parents' eyes, they can begin to acquire a feeling of self-worth. Your youngster picks up on your body language, tone of voice, and every expression you make. More than anything, your words and deeds as a parent have an

impact on their growing sense of self-worth. They will feel proud if their accomplishments, no matter how minor, are praised. Make thoughtful word choices and show compassion. Despite your disapproval of their behavior, let your child know that you still love them and that everyone makes mistakes.

2. Set Limits and be Consistent with your Discipline: In every household, discipline is essential. The intention is to teach kids self-control and help them select appropriate behaviors. Setting rules aids in children's self-control development and understanding of your expectations. In order to teach their children what is expected of them, parents should adhere to the set norms consistently.

3. Be A Good Role Model: Young children pick up a lot of behavioral skills from watching their parents. They take more cues from you while they are younger. Before you lose your temper in front of your kids, consider whether you want them to act that way when they're upset. Be aware that you're constantly being watched by your children. According to studies, children who hit typically have an aggressive role model at home. Respect, friendliness, honesty, compassion, tolerance, and other positive values are qualities that parents should demonstrate for their children.

4. Make Communication a Priority: Children cannot be expected to accomplish everything just because you, as their parents, say so. They are just as deserving of an explanation as adults. Children may comprehend and learn in a nonjudgmental manner when parents use reasoning with them. Negotiate and be receptive to your child's recommendations. Youngsters who are involved in decision-making are more inclined to follow through on them.

5. Be Flexible and Willing to Adjust Your Parenting Style: If you frequently feel "let down" by your child's behavior, it's possible that you have irrational expectations. You could find it beneficial to study up on the subject, speak with other parents, or consult a child specialist. By altering the surroundings, you may be able to alter that behavior. It's likely that what works with your child today won't work as well in a year or two, so you'll need to gradually adjust your parenting style as your child changes.

6. Show Them Unconditional Love: It is your duty as a parent to guide and correct your child, but how you do it has a significant impact on how the youngster responds. Avoid scolding, condemning, or finding fault with your child when

Conclusion

In essence, parents are responsible for preparing their children for successful adulthood, but other socialization agencies like schools, churches and mosques, and the media also play a part. In order to enable them to grow and develop meaningfully and

realistically throughout the various stages of life, children who are the offspring of family members must be appropriately guided on matters pertaining to their growth, physical and mental adjustment, as well as social, moral, and spiritual life you have to address them since these actions might damage their self-esteem and cause animosity.

Children are regarded as both a rallying point of social action and constructors of a better world, since the present generation of children will grow and mature into the future adult of any society and their future depends on the experiences acquired in the preceding years of growth. However, it should be mentioned that children who are overprotected by non-punitive parents who lack discipline will inevitably become unreliable, lack self-control, and become irresponsible. Many parents so over protect that children that they find it very difficult or impossible to associate or interact with others. We should know that basic human needs demand free association and interaction with others. It assures proper and balance human development and maturity-known that the need cannot be denied or equated to anything else. However, many children are denied such free association and interaction by the over protectiveness of their parents. Parents should teach them good morals and not caging them.

Additionally, giving in to a child's requests too frequently can deny them a priceless chance to practice and cultivate a sense of superiority. The youngster is unable to establish a lifestyle that is entirely independent of the people who look after him. It should be mentioned that a person cannot possibly learn how to overcome the obstacles he will face later in life if he has nothing to fight for because all obstacles have been eliminated or reduced. When it comes to forming a lifestyle, a neglected youngster suffers just as much. Neglects force him to use only himself as an example. The trial and error of self-direction may be so costly to his strivings that he ultimately ceases to struggle upward. Also children who are neglected by parents are likely to be antisocial.

The attitudes, feelings, thoughts and general behaviour of children will reflect the emotional climate prevailing in their homes. The more the home climate is emotionally sterile, frustrating and hostile to the needs of children, the more likely it is to be reflected in the appearance and behaviour of the children. The uncertainty of what comes next has a long term negative effects on the children's present and future lives. Therefore, personality and behaviour of children is the end result of various forms of care carried out by parents.

Recommendations

Based on the foregoing, it is therefore recommended that:

1. Parents should be a good role model to their children. You must therefore avoid anything

that you do not want your children to do. Teach or lead by example; back your words with actions.

2. Parents should not concentrate only on formal education, children also need adequate home training. Give them challenging tasks and responsibilities.
3. Encourage your children to develop self-confidence. Encourage healthy rivalry and competition among your children. Parents should avoid comparison.
4. In addition, appreciate good effort of your child no matter how little. Do not be a fault finding father or mother; do not use your time as a yardstick to judge them.
5. Punishment should be used as a corrective measure. Flogging without rational words should be discouraged.
6. Finally parents must be alive to their responsibilities; parents should thoroughly supervised their children and build in them self-esteem.

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