

Parenting and Limit Setting as Agents of Change in Chronic Disease Prevention

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Learning Objectives

- Discuss the role of parenting style and limit setting on the health behaviours of children
- Describe assessment and respectful intervention approaches in working with parents
- Reflect on the challenges that parent-clinicians face in providing parenting advice in clinical practice



What is Parenting Style?

- “General pattern of parenting that provides the **emotional background** in which parent behaviours are expressed and interpreted by the child.”
- Rhee, 2008
- Parent behaviours are what parents **DO** (scold or praise)
- Parenting style is **HOW** they do it (with warmth or hostility)



Parenting Style Differs on 2 Dimensions

- Level of warmth
- Level of limit-setting



What is Warmth?

- Emotional security & love
- Verbal and physical affection
- Sensitivity to the child's needs
- Empathy with the child's feelings

What is Structure?

- Clear guidelines for behaviour
- Clearly stated expectations
- Clearly explained reasons
- Support to help the child succeed
- Encouragement of independent thinking



Types of Parenting Style

	High Limit setting	Low Limit setting
High Warmth	Authoritative: Respectful of the child's opinions but maintains clear boundaries	Permissive: Indulgent without discipline
Low Warmth	Authoritarian: Strict disciplinarian	Neglected: Emotionally uninvolved and does not set rules



Balance between freedom and responsibility

Tools to Assess Parenting Style

- Parenting Dimensions Inventory (Power, 2002)
- Authoritative Parenting Index (Jackson et.al., 1998)
- Parenting Styles and Dimensions Questionnaire (Robinson, 2001)



What Works Best

- Authoritative parenting is associated with:
 - Higher fruit and vegetable consumption (Blissett, 2011)
 - Lower screen time (Langer et. al., 2014)
 - Better academic achievement (Maccoby & Martin, 1983)
 - Better mental health outcomes (Lamborn et.al., 1991)



“The literature in favor of authoritative parenting style has been so consistent, across a number of child outcomes, that many of the recent papers on parenting/feeding style used this style as the ‘reference’ group.”

investigating the relationship between parenting styles, feeding styles, feeding practices, and body mass index (BMI) in children. Medline (Ovid), PsycINFO, Web of Science, and Food Science and Technology Abstracts were systematically searched using sensitive search strategies. Studies were limited to papers published in English between 2010 and February 2015 with participants aged 4–12 years old with outcomes including obesity, change in weight, or BMI. The search yielded 31 relevant quantitative peer-reviewed papers meeting all inclusion criteria: seven longitudinal, 23 cross-sectional, one randomized control trial. Associations between parenting style and child BMI were strongest and most consistent within the longitudinal studies. Uninvolved, indulgent or highly protective parenting was associated with higher child BMI, whereas authoritative parenting was associated with a healthy BMI. Similarly for feeding styles, indulgent feeding was consistently associated with risk of obesity within cross-sectional studies. Specific

Cited by other

Relationship betw
Responses to Fo

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“Parenting: What’s Your Style?”

- https://www.youtube.com/watch?v=ry0smCoV_f8





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Janeway Lifestyle Program

The Lifestyle Team at the Janeway Children's Health and Rehabilitation Centre works with families whose children have been identified as having a risk factor for the development of a chronic disease such as high cholesterol, high blood sugars, high blood pressure, liver disease and weight concerns.

The Lifestyle Team works with:

1. All parents of preschool children who are interested in learning about raising healthy, happy and active children.
2. Families whose children (aged 2- 14 years) have been identified as having risk factors for the development of chronic disease.

Health Behaviour Matters For Children Aged 5-12 Years



Good Health for EveryBODY

Positive health behaviours lead to lifelong health. The following behaviours can prevent or delay many chronic diseases, such as type 2 diabetes. Please check the behaviours that your child practices regularly.

My child:

- Eats at least **5** vegetables and fruit each day.
- Drinks no more than **6-8 ounces (¾ to 1 cup)** sugar-sweetened beverages (such as pop, 100% juice and fruit punch) per day.
- Sleeps at least **10 or 11 hours** per night.
- Feels good about him / herself
- Is physically active for at least **1 hour** per day (at a moderate to vigorous intensity)
- Watches less than **2 hours** of screen time (TV, computer, hand-held devices) per day.
- Sits no longer than **1 hour** without taking a standing break.



Good Health for EveryBODY





IF YOU BUILD IT,
THEY WILL COME.



Is Knowing Enough?

- *“While it helps, it also highlights that emotional reactions and stress can move us from 'what we should do' to 'what we do' as parents. **Sometimes, it just makes me aware of what I am doing wrong**”*



What are Some Barriers?

- Income
- Social support
- Education
- Mental health
- Child characteristics
- Culture
- Physical health
- Ethnicity
- Stress and pressure
- Guilt and shame



Blaming Parents

- Whether parents in our practice are permissive or not, they are judged as that.
- *“(they are) carrying the burden of producing the ‘healthy’ child, particularly for those mothers whose children are considered at ‘ultimate risk’... positions mothers in a location of continual stress and guilt.”* Ward, 2012
- *“...describing interactions that resulted in feeling devalued and judged as incompetent parents.”*

Hamlington et.al., 2015



Stress

- Stressed parents
 - Children less likely to meet physical activity guidelines
 - Less likely to set limits on TV

Walton et.al., 2014





Parenting
Made Easy



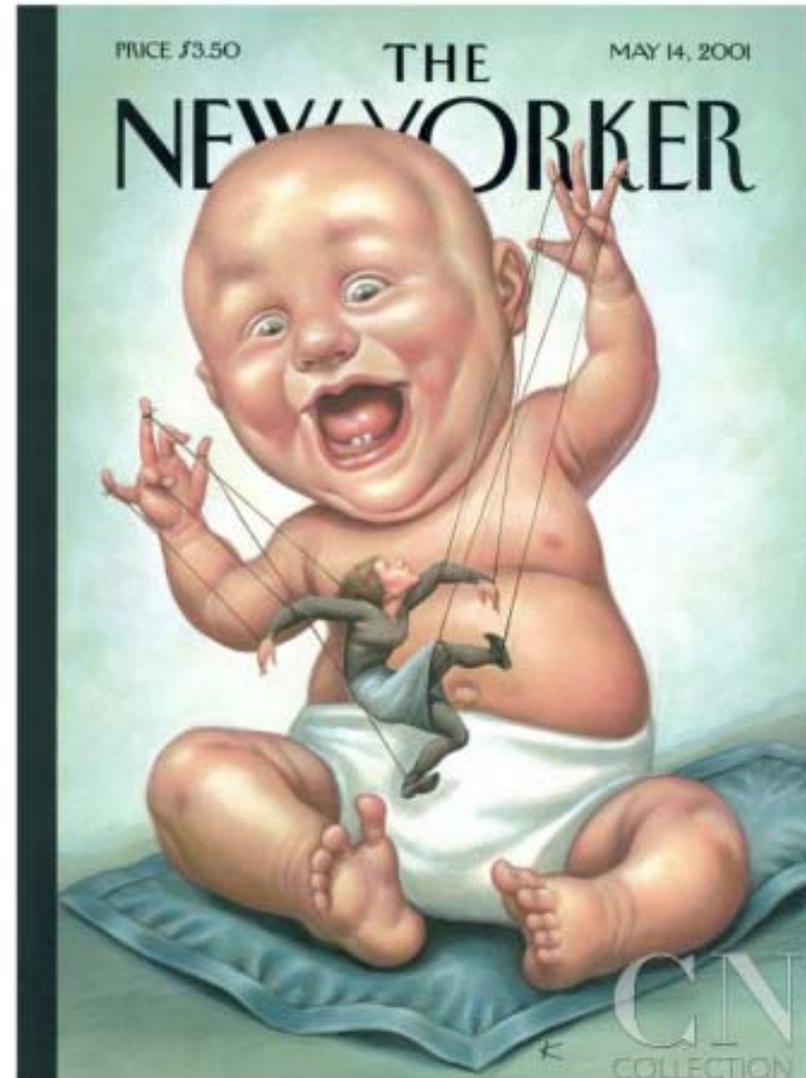
<http://parentingmadeeasy.org>

Good Health for EveryBODY



Guilt and Shame

- No longer enough to be a good parent, we must be the 'perfect' parent.





Parenting

**Stress/
guilt**

Lifestyle changes



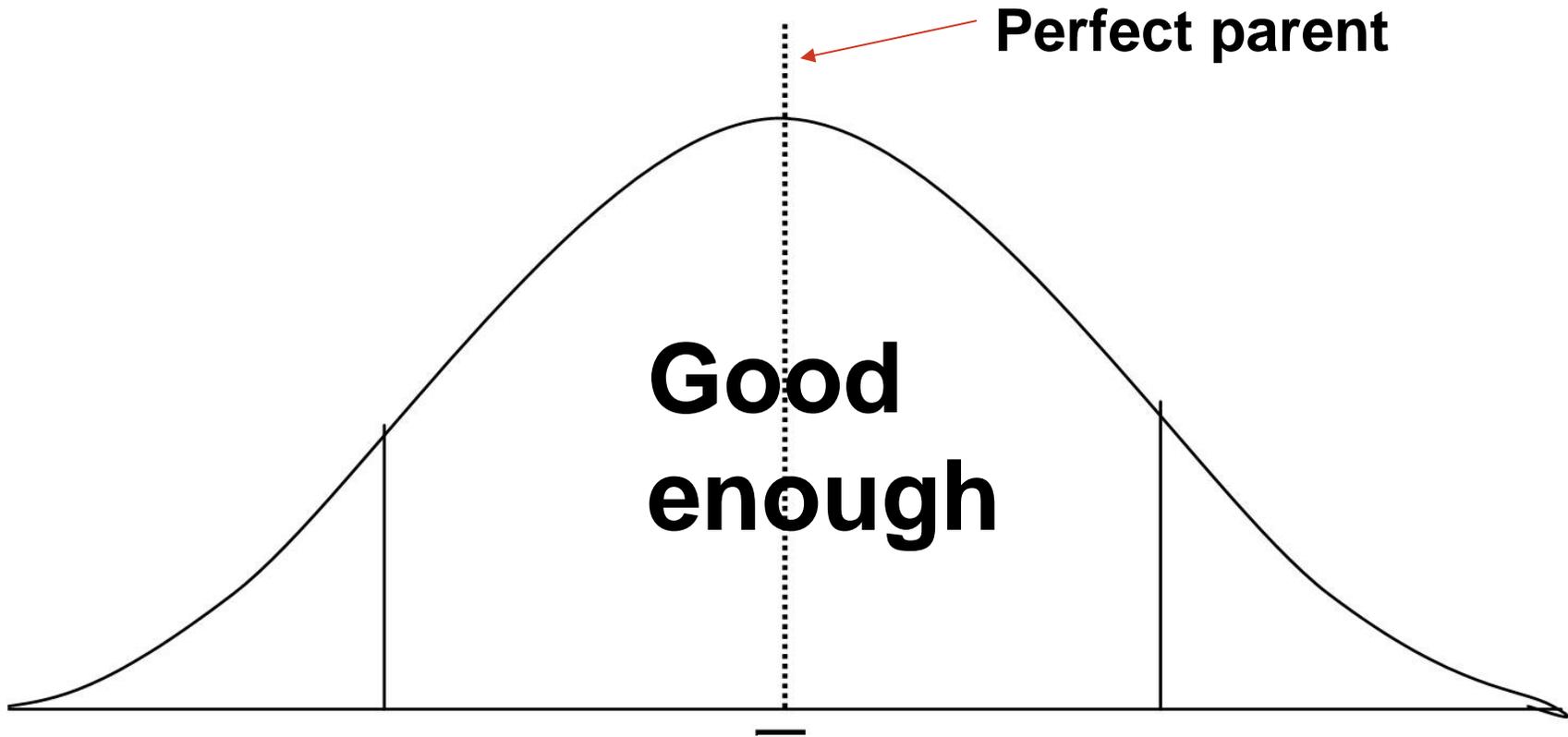
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'Good Enough' Parenting

- All children need physical care, nutrition and protection.
- Emotionally, children need:
 - Love, care and commitment
 - Consistent limit setting
 - Facilitation of development





Successful Interventions

- Validating that parenting concerns normal
- Listening and exploring their perspective
- Being genuine and honest
- Taking partnership/non-expert approach
- Considering context of family and culture
- Self-care/addressing parental stress and anxiety
- Education



Experience of Being a Parent:

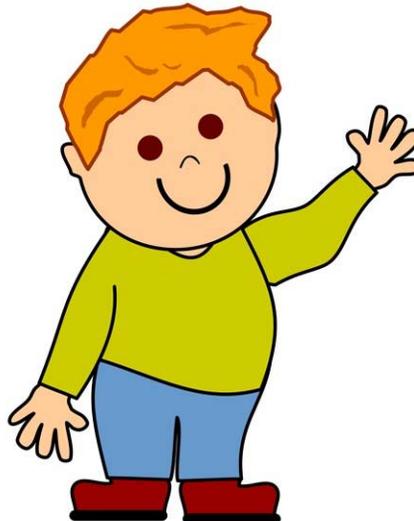
- Empathize more
- Judge less
- Relate and understand better
- ‘Best practice’ may not be ‘best for my family’
- Understand individual differences



HCP
Info expert



Parent
Family expert



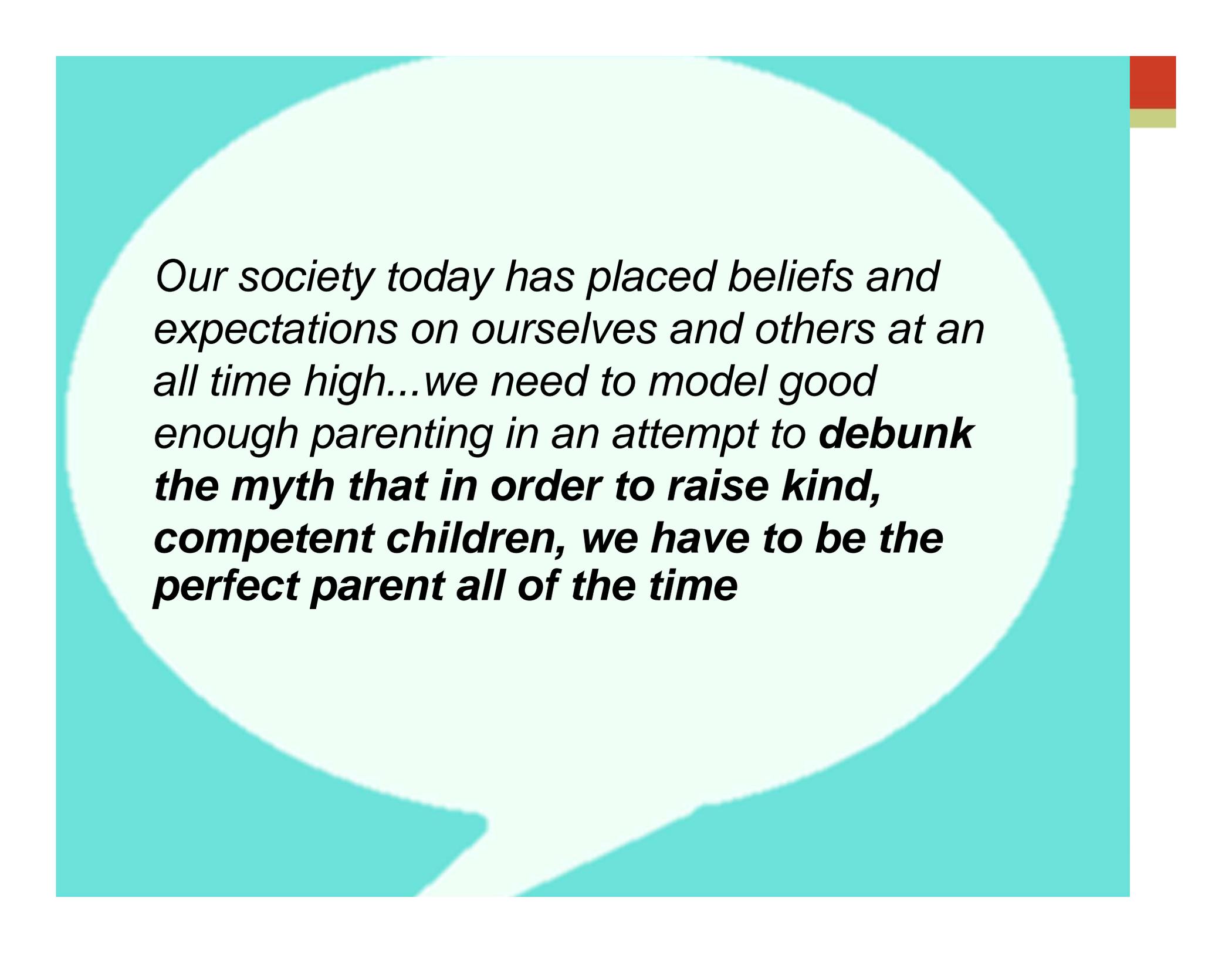
Good Health for EveryBODY



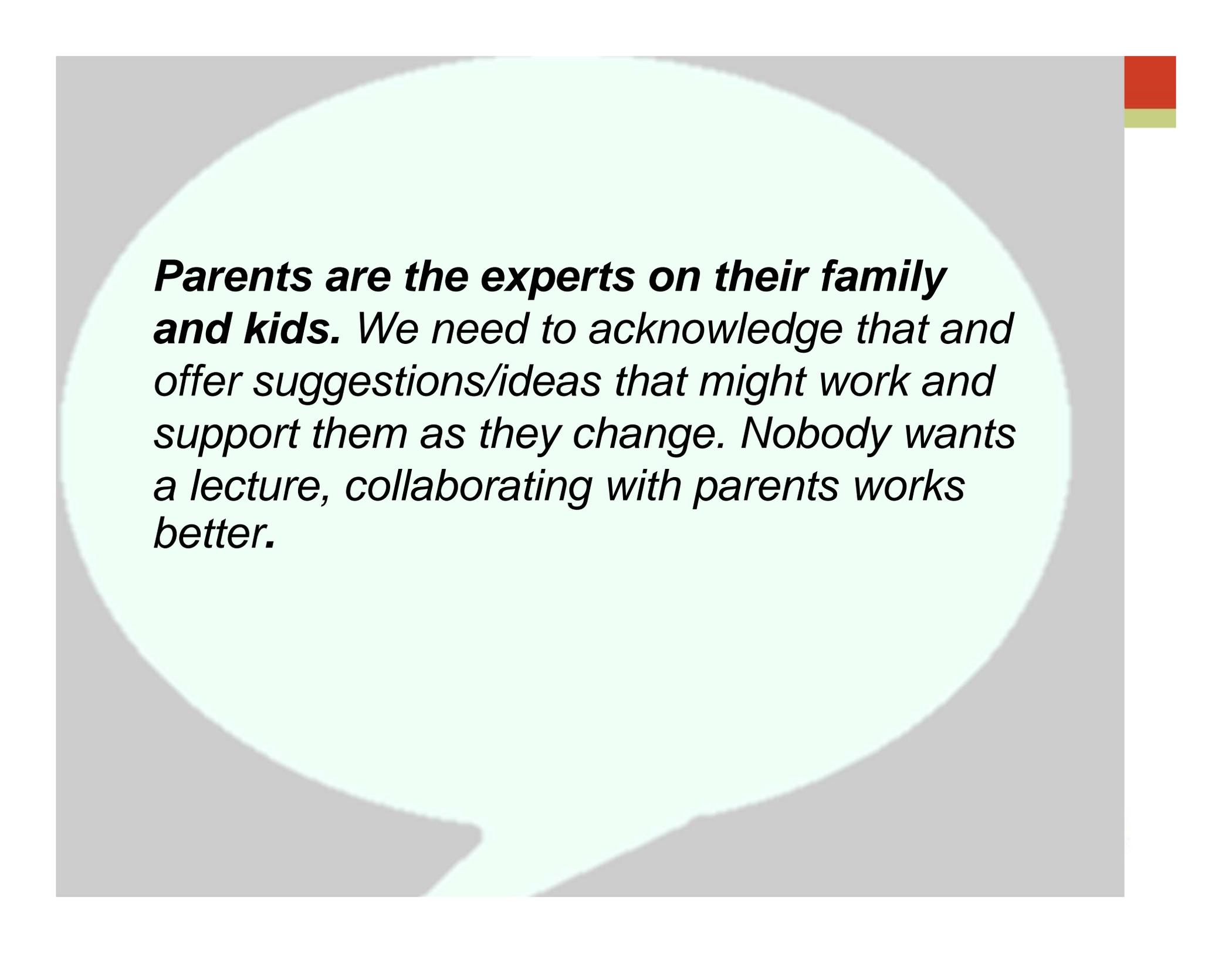
What Advice Would you Give to HCP?

Don't judge, remember that there are many styles of parenting and that none of us is perfect. Parents look to us for advice and it's important that we give them a safe and professional ear.

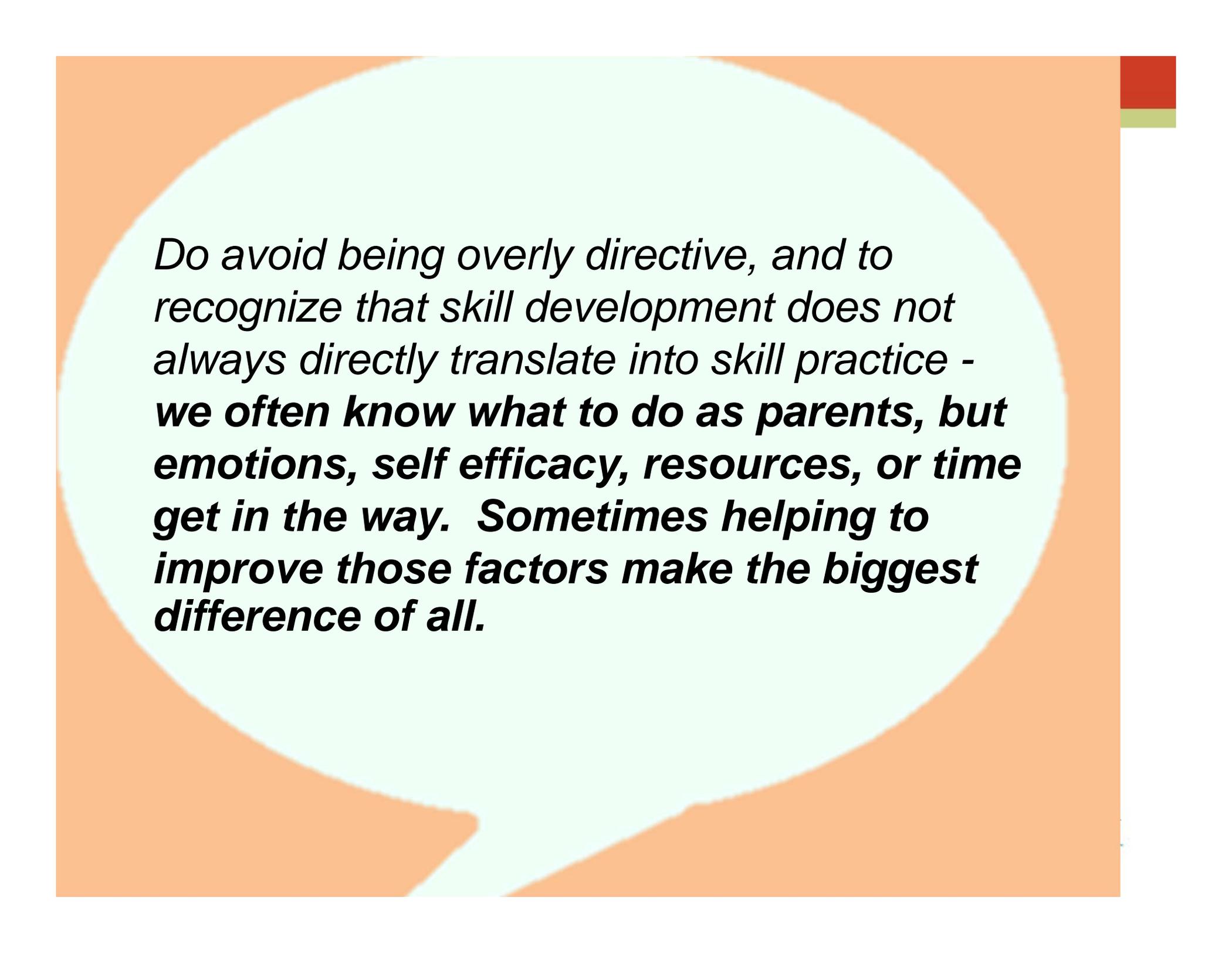




*Our society today has placed beliefs and expectations on ourselves and others at an all time high...we need to model good enough parenting in an attempt to **debunk the myth that in order to raise kind, competent children, we have to be the perfect parent all of the time***



Parents are the experts on their family and kids. We need to acknowledge that and offer suggestions/ideas that might work and support them as they change. Nobody wants a lecture, collaborating with parents works better.



*Do avoid being overly directive, and to recognize that skill development does not always directly translate into skill practice - **we often know what to do as parents, but emotions, self efficacy, resources, or time get in the way. Sometimes helping to improve those factors make the biggest difference of all.***

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