

# Peaceful Parenting vs. Permissive Parenting

Peaceful Parenting can appear to be permissive due to the focus on accepting emotions and understanding behavior without punishments or rewards. However, limits are integral to Peaceful Parenting.



**Uninvolved.** (*Low Demand/Low Responsiveness*) A neglectful style where the parent is emotionally uninvolved and has no limits.

**Authoritarian.** (*High Demand/Low Responsiveness*) A controlling style where the parent is emotionally insensitive and has high expectations.

**Permissive.** (*Low Demand/High Responsiveness*) An ambivalent style where the parent is very warm and gentle but sets no boundaries.

**Authoritative.** (*High Demand/High Responsiveness*) A balanced style where the parent is both loving and structured. Authoritative parenting is considered the "sweet spot" where respectfulness, responsiveness, love, expectations, and limits all converge for the benefit of both parent and child. Peaceful Parenting is a form of authoritative parenting that eliminates the downsides of punishments and rewards while focusing on mindfulness.



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