

PARENTING SUPPORT

THE POWER OF PARENTING STYLES

HOW THEY INFLUENCE
YOUR CHILD'S FUTURE



Hello, I'm Bethany!

It's great to meet you! I am **Bethany Heyne**, founder of The Kairos Bridge, and certified parenting coach. I am blessed to be mom to my son and bonus mom to my three step children.

Why I started parent coaching?

I took my first parenting course in 2016. I was skeptical at first, questioning how much there really was to learn about parenting (oh how wrong I was!) Every week we learned more about child development and psychology and used our own real-life examples to receive coaching on how to address parenting challenges.

By week 3, I was already seeing the difference in me, in my child, and in our family. By the end of the 18 week course, I had developed such confidence in my parenting, noticed more peace in our home, and saw the healthy impact it had on my child.



When my son turned 6, I noticed new behavioral developments that I wasn't familiar with. When I went to sign up for the next age range of the course, I was absolutely heartbroken to learn the grant funding had expired. I had to do something. Maybe I could support the next financial grant cycle?

After several months of meeting with my mentor and course director, and many more months of prayer, it seemed ...

I was being called to carry forward this mission. And so, I established The Kairos Bridge, LLC in November 2023.

“A GENTLE ANSWER TURNS AWAY WRATH, BUT A HARSH WORD STIRS UP ANGER.”

– PROVERBS 15:1

WHAT ARE PARENTING STYLES?

Parenting is a journey where every decision shapes our children into the adults they will become. How we choose to respond in situations and speak to them had life-long impact. It's called parenting style. There are four main parenting styles that influence a child's growth and future:

Indulgent

Permissive parents avoid setting limits and guidance, leading to impulsive behavior and a lack of responsibility in children.



Authoritative

Authoritative parents are warm and reasonable, set limits while involving the child, and foster high self-esteem and cooperation.



Uninvolved

Uninvolved parents are emotionally detached and set few limits, resulting in children who are overachievers and perfectionists seeking validation.



Authoritarian

Authoritarian parents are controlling and strict, expect perfection, and are inflexible, leading to well-behaved but anxious children with lower self-esteem.



Why Parenting Style Matters?

Each parenting style leaves a lasting impact on a child's emotional well-being, decision-making, and ability to build relationships. Understanding how your approach shapes your child helps you guide them toward a healthier future.

Indulgent (Permissive)

Lots of warmth but little discipline. This can lead to children feeling entitled and acting impulsively, often struggling to respect boundaries and authority. Without structure, they may lack self-control and face difficulties in handling responsibility.



Uninvolved (Disengaged)

Minimal emotional connection and guidance. This style often leaves children feeling neglected and insecure, making it difficult for them to form healthy relationships. Without support, they may struggle with self-worth, trust, and emotional regulation.



Authoritarian (Strict)

High expectations with little warmth. While it may produce obedient children, they often develop anxiety and fear of failure. These children may struggle with decision-making, become overly dependent on rules, and fear disappointing authority figures.



Authoritative (Balanced)

A healthy balance of love and structure. This style fosters confidence, emotional security, and self-regulation. Children raised this way learn to make decisions, handle challenges, and build strong relationships with trust and empathy.



How Parenting Style Shapes the Future:

Children raised in authoritative households tend to thrive emotionally, socially, and academically. They are more likely to:

- **Develop Strong Emotional Intelligence:** They learn to recognize and manage their emotions effectively, fostering better relationships.
- **Build Resilience and Problem-Solving Skills:** Facing challenges with support helps them develop critical thinking and adaptability.
- **Gain Confidence in Their Abilities:** Clear expectations and positive reinforcement encourage a strong sense of self-worth and independence.



HOW TO CULTIVATE AN AUTHORITATIVE STYLE



Practice Active Listening

Acknowledge your child's feelings by reflecting back what you hear before offering a solution. This helps them feel heard and understood, fostering trust and emotional safety.



Set Clear Limits

Consistency helps children feel secure by creating predictable expectations. Clear boundaries allow them to explore their environment while understanding the limits.



Enforce Rules with Love

Guide with empathy, not fear. Explain the "why" behind rules and follow through with fair, loving consequences that focus on learning, not punishment.



Involve Your Child

As they grow, include them in setting rules and consequences. Giving them a voice encourages responsibility and teaches them decision-making skills.

Ask Yourself?

- Am I too strict or too lenient? Reflect on whether your boundaries provide enough structure while allowing room for growth.
- Where can I balance boundaries with flexibility? Consider areas where you can give your child more autonomy while maintaining essential limits.

NOTICE IT, NAME IT, NURTURE IT (BASED ON YOUR PARENTING STYLE)

NOTICE IT:



Pay attention to how your parenting style affects your child's behavior.

- Permissive: Are they struggling with boundaries or acting impulsively?
- Authoritative: Do they show confidence and responsibility?
- Authoritarian: Are they complying out of fear or seeking approval?
- Uninvolved: Do they seem emotionally distant or unmotivated?



NAME IT:

Identify how your approach shapes their emotional responses:

- Healthy Growth: Confidence and self-regulation.
- Testing Boundaries: Confusion or rebellion.
- Insecurity: Fear, mistrust, or withdrawal.

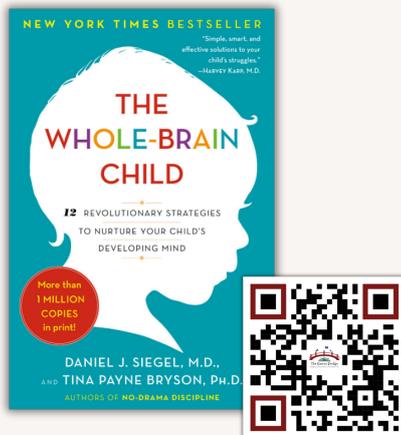


NURTURE IT:

Adjust your parenting style:

- Permissive: Add structure with consistent limits.
- Authoritarian: Use more empathy and flexibility.
- Uninvolved: Engage emotionally and provide guidance.
- Authoritative: Maintain balance with love and boundaries.

RESOURCES FOR PARENTS



The Whole-Brain Child by Tina Payne Bryson & Daniel Siegel

[BUY HERE](#)



Dear God, It's Me (Girls Journal)

Dear God, It's Me is a 30-day journal designed for girls to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

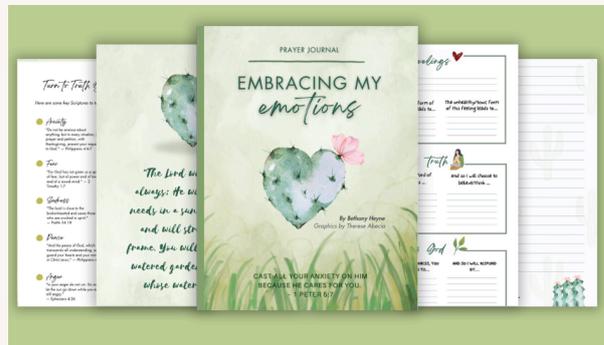
[From \\$9.99 USD](#)



Dear God, It's Me (Boys Journal)

Dear God, It's Me is a 30-day journal for boys to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

[From \\$9.99 USD](#)



Embracing Emotions Journal

A 90-day journal for adults to explore feelings, align them with Biblical truths, and grow in faith. With daily prompts, scripture, and space for reflection.

[From \\$14.27 USD](#)

[CHECK OUT FOR MORE](#) 

Click here to explore our services/products.

LET'S DO THIS!

Parenting can be challenging, especially when emotions run high, boundaries feel tested, and connection feels out of reach. Imagine replacing those tough moments with a sense of calm, clarity, and deeper connection with your child.

That's why The Kairos Bridge offers our **bestselling 12-Month Flourish Together Coaching Program**—a comprehensive, personalized journey to help you create lasting transformation in your family dynamic.

👉 What's included in the program?

- **12 Monthly 90-Minute Virtual Coaching Sessions:** Personalized guidance to meet your family's unique needs.
- **Quarterly Virtual Family Workshops:** Interactive sessions for goal-setting, vision boards, and family bonding.
- **Private Podcast Feed:** Exclusive tips, Bible studies, and practical parenting insights.

[CLICK HERE TO CONNECT](#)



Whether you're striving to stay calmer during emotional outbursts or longing to bring more faith-filled intentionality to your parenting, Flourish Together meets you where you are. This journey isn't about perfection—it's about progress, grace, and building a stronger connection with your family.

Take the first step today—your family's transformation starts here. Let's grow together, one grace-filled moment at a time.

Your dedicated coach,

Bethany H.

