

PARENTING STYLES AND EFFECTS ON CHILD WEIGHT STATUS.

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Childhood obesity has more than tripled in the last 30 years; which raises the question: do different parenting styles play a role in childhood obesity? Studies have examined the correlation between different parenting styles and child weight status. The objective of this systematic review was to summarize research conducted on different parenting styles and their contribution to childhood obesity. To identify original research published since 2006, PUBMED and GOOGLE SCHOLAR databases were searched, using the key words “parenting styles” and “childhood obesity”. The four different parenting styles are authoritarian, authoritative, permissive, and uninvolved. The authoritarian parenting style causes the children to follow strict rules and have a punishment if the rules are not followed. The authoritative parenting style also has rules that should be followed, more responsive to their children, and willing to listen. The permissive parenting style is nurturing and communicative with their children making them more of a friend than a parent. Finally the uninvolved parenting style has little communication with their children and takes care of the child’s basic needs and is detached from their children’s life. Studies that had full text available and were on the topic of parenting and childhood obesity were chosen for analysis. Studies that were not in English or did not have a full text were excluded. Five articles were evaluated. Two studies reported that permissive parenting caused an increase in child obesity while one report found authoritarian parenting did. Two other studies reported that restrictive feeding contributes to childhood obesity. One study examined the child weight status and parenting feeding styles. In conclusion, the studies showed parenting styles and feeding styles play a key factor in childhood obesity.

Food the parents are serving and the parent's diet need to be taken into consideration. Limitations include only studying one ethnic group or one parent. Another limitation includes short-term studies were conducted. Further longitudinal research needs to be done to evaluate the long-term affects of parenting styles on child weight status and to better educate parents on their involvement in their child's weight status.