

Parenting Styles:

DAD...

MOM...

1.	More often holds baby at arm's length, makes eye contact, turns her back against his chest or props her shoulder underscoring a sense of freedom and exploration.	1.	More often picks up infant, wraps him close to breasts, limits movements, underscoring sense of comfort, calm, warmth, and security.
2.	Spends more time with infant in play.	2.	Spends more time with infant in physical care (feeding, changing, bathing, etc.).
3.	Often picks up infant just to "make something happen."	3.	Picks ups infant mostly for infant's care.
4.	Is less predictable and more activating in physical style and interactions.	4.	Follows personal established patterns of physical style and interactions.
5.	Encourages physical risk-taking.	5.	Stresses emotional security; physical safety.
6.	Plays in less structured ways that push child to do more, challenge child to take risks, encourage child to be active and explore.	6.	Plays in more conventional ways, more at child's level, lets child direct play, be in charge, proceeds at child's pace, uses traditional games and songs.
7.	Is more likely to promote young child's intellectual and social development through physical play.	7.	Is more likely to promote child's intellectual and social development through talking and teaching while caregiving.
8.	Offers less immediate support when their child is frustrated, thus promoting adaptive problem-solving skills.	8.	Intervenes more quickly when their child is frustrated.
9.	Disciplines with an interest in the societal outcome, more blunt, straight to the point.	9.	Disciplines with focus on impact of behavior on emotional relationships, more empathetic.
10.	Teaches through example, emphasizing lessons learned from experience.	10.	Teaches with focus on the learning process.
11.	Teaches emotional self-regulation.	11.	Focuses on emotional expression.
12.	Promotes exploratory freedom.	12.	Promotes emotional awareness.
13.	Promotes independence outside home.	13.	Promotes independence inside home.
14.	Tends to focus on child's "doing" behaviors.	14.	Tends to focus on child's "feeling" behaviors.
15.	Emphasizes autonomy and independence, even in early years.	15.	Is more ambivalent about autonomy and independence until elementary years.

(Based on *Fatherhood* by M. Lamb)

[Web resources @ www.mrdad.com; fathers.com; fatherhood.org; newdads.com] 12/05

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o Parents And Children Together, Hana Like Home Visitor Program, 1485 Linapuni St. #105
Honolulu, HI 96819; 841-2245; Fax: 842-9604; HawaiiDads@pacthawaii.org