

# MAKING A DIFFERENCE *for Iowans*

## Clippings



**Lyon • O'Brien • Osceola • Sioux Counties**

A Weekly Column from Iowa State University Extension and Outreach

Week of March 9, 2015

**For Immediate Release**

## Science of Parenting: Does Parenting Style Matter?

*Lori Hayungs, Human Sciences, Family Life*



The Science of Parenting bloggers typically discuss parenting from a science or research-based perspective. However, this month the human sciences specialists from Iowa State University Extension and Outreach also will discuss the “art” of parenting – how parents can tailor their parenting style to each child’s temperament.

“Parenting style really isn’t ‘one size fits all.’ Styles range from overly involved ‘helicopter’ parents to ‘free-range’ parents who are more hands off, with a wide range in between,” said Janet Smith, a human sciences specialist in family life.

Children react differently to parenting styles, said Lori Hayungs, also a human sciences specialist in family life.

“Children who are more impulsive and have trouble focusing need more guidance from their parents and might benefit from a little micromanaging. However, children who have more control of their impulses and emotions might do better with a more-hands off approach,” Hayungs said.

“The art of parenting comes into play as we figure out how to customize our parenting style to our children’s needs,” Smith said.

Learn more from tips on the blog throughout the month and in a four-minute podcast. Through the Science of Parenting, [www.scienceofparenting.org](http://www.scienceofparenting.org), ISU Extension and Outreach specialists share and discuss research-based information and resources to help parents rear their children. Parents can join in the conversation and share thoughts and experiences, as well as how they handle parenting responsibilities.

Subscribe to ISU Extension’s Science of Parenting blog for the latest research related to raising kids and teens. Get short, timely messages from Science of Parenting on Twitter.

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