

The 5th Way to Parent, Part 1

I. The Dictator (high expectations for self, high expectations for others)

- **Negative Attributes:** This over-achieving parent can be very annoyed by slackers (children and spouses alike) and struggles building significant relationships with people who aren't like him. A child who doesn't want to over-achieve is a foreign concept to the Dictator, and this type of parent can struggle to relate in any meaningful way.
- **Common Discipline Style:** React first, questions are for babies. When a child asks a foolish question, forgets, or deliberately disobeys, the Dictator with Sherlockian flare instantly knows what happened, what should have happened, and what better happen next time. All the child needs to do is fall in line. The Dictator is also highly accomplished in choosing and implementing punishment.

II. The Joker (low expectations for self, low expectations for others)

- **Negative Attributes:** This under-achiever isn't annoyed by much, and often expects as little from his children as he does for himself. It doesn't really bother her that the kids laundry hasn't been done because neither has hers. This dad doesn't mind his kid gaming all weekend, because preoccupied with the TV.
- **Common Discipline Style:** As long as none of his kids are murdering anyone, pretty much most behaviors are okay. Excuses for non-existent rules are easy to come by. This parent will only punish if the child has *really* crossed the line . . . like daring to be funnier than he is.

III. The Doormat (high expectations for self, low expectations for others)

- **Negative Attributes:** This parent will kill himself for others without expecting anyone to do their part. If she hasn't burned out yet, she's been smoldering for years. And because they're the first to volunteer and spend themselves for others, they're often taken advantage of.
- **Common Discipline Style:** When a child disobeys, this parent first looks to himself, taking all possible blame for somehow encouraging the child's behavior by not being the parent he knows he should be. She will spend great deals of time with friends, podcasts, and articles trying to discover where she needs to grow more. They will likely utilize punishment from time to time, but often prefers to coo the child into compliance.

IV. The Judge (low expectations for self, high expectations for others)

- **Negative Attributes:** Though he is extremely critical and judgmental of his kids and wife alike, overall he seems to have very low standards for himself. She always has an excuse for her lateness, unpreparedness, and poor parenting, but she doesn't give an inch to kids and husbands that struggle in the same areas she does.
- **Common Discipline Style:** This parent would hand out as many punishments as the Dictator does, but they either doesn't get around to it or frequently prefer instead to condemn and harangue the child in their minds. However, all the other moms and dads will likely hear a very well-crafted discourse on the child/spouse problem and many possible remedies.