

A Beginner's Guide to Parenting Styles: Useful Advice And Support



Abstract

The "Beginner's Guide to Parenting Styles" offers invaluable insights into the diverse approaches to parenting, providing a comprehensive overview of various styles and their impact on child development. From authoritative to permissive styles, each is explored in depth, empowering parents to understand and adopt the most suitable approach for their family. The guide also emphasizes the importance of discussing parenting styles openly and seeking support when needed. With practical advice and real-life examples, this guide equips new parents with the knowledge and tools to navigate the complex world of parenting with confidence and success.

1. Introduction

Parenting is a journey filled with joy, challenges, and countless decisions. As new parents embark on this adventure, they are often confronted with the question of which parenting style to adopt. The "Beginner's Guide to Parenting Styles" is a comprehensive resource designed to help parents navigate this crucial aspect of raising children. This guide provides an in-depth exploration of various parenting styles, from authoritative to permissive, highlighting their unique characteristics and effects on children. By understanding these styles, parents can make informed decisions that align with their values and goals.

Additionally, the guide emphasizes the importance of open communication and seeking support, offering practical advice and insights to help parents on their journey of raising happy, healthy, and well-adjusted children.

2. What Is Parenting Style?

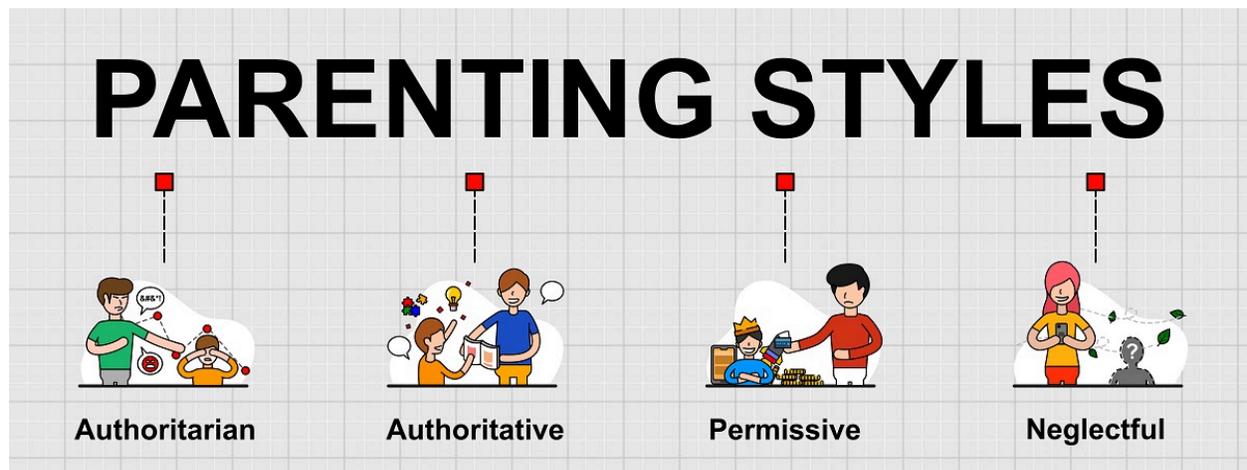
Your parenting style can affect everything from your child's self-esteem to their academic success. It's important to ensure your parenting style supports healthy growth and development because the way you interact with your child—and how you discipline them—will influence them for the rest of their life.

Researchers have identified four main types of parenting styles that take a unique approach to raising children:

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

People often want to know which parenting style they're using, and which one is the best overall. The truth is that there's no one right way to parent, but the general parenting style that most experts, including the American Academy of Pediatrics (AAP), recommend is an authoritative approach.¹

Read on to learn the difference between these four major parenting styles, with information about popular subtypes like helicopter parenting, free-range parenting, tiger parenting, and more.



❖ Authoritarian Parenting

Do any of these statements sound like you?

- You believe kids should be seen and not heard.
- When it comes to rules, you believe it's "my way or the highway."
- You don't take your child's feelings into consideration.
- You've uttered the words "because I said so" when a child questions the reasons behind a rule.

If any of those ring true, you might be an authoritarian parent. The authoritarian style of parenting focuses on strict rules, obedience, and discipline. These parents have high expectations, and they don't hesitate to punish when children don't follow their guidelines.³ Authoritarian parents take over the decision-making power, rarely giving children any input in the matter. Similar to an army drill sergeant, authoritarian parents are not nurturing, lenient, or communicable. They make the rules and enforce the consequences with little regard for a child's opinion.

❖ How authoritarian parenting affects children

When raised by an authoritarian parent, children are often well-behaved at home, but they may rebel when with classmates or friends. Kids may also struggle with the following:

- Social skills
- Indecisiveness and trouble thinking on their own
- Low self-esteem
- Poor judge of character
- Anger management and resentment
- Hostility and aggression

Some research also indicates that children whose parents were authoritarian reported more substance use⁵ and higher instances of depression.

❖ What Your Generation Says About Your Parenting Style

Permissive Parenting

Do any of these statements sound like you?

- You set rules but rarely enforce them.
- You don't give out consequences very often.
- You think your child will learn best with little interference from you.
- You let your children do what they want—even if it's drinking soda at every meal.

If those statements sound familiar, you might practice permissive parenting. Permissive parents are lenient, only stepping in when there's a serious problem. They're quite forgiving and they adopt an attitude of "kids will be kids." Oftentimes they act more like friends than authoritative figures.

Permissive parents cater to their children's needs without giving out much discipline. When they do use consequences, they may not stick. For example, they'll give privileges back if a child begs, or they may allow a child to get out of time-out early if they promise to be good.

Permissive parents are the total opposite of strict.

❖ How permissive parenting affects children

Since they have a high standing in the household, children of permissive parents are accustomed to getting whatever they want. They may exhibit more behavioral problems as they don't appreciate authority and rules.⁸

Other downsides of the permissive parenting style can include:

- Lack of responsibility
- Difficulty with decision-making
- Impulsiveness and aggressiveness
- Lack of independence and personal responsibility
- Anxiety and depression
- Academic struggles

Kids who are parented permissively often act entitled, egocentric, and selfish. These children might also fail to put effort into school, work, or social endeavors since they don't have to put in any effort at home.

Additionally, kids raised by permissive parents are at a higher risk for health problems, like obesity, because permissive parents struggle to limit unhealthy food intake or promote regular exercise or healthy sleep habits.⁴ They're more likely to have dental cavities because permissive parents often don't enforce good habits, like ensuring a child brushes their teeth.

❖ The "Gold Standard" Parenting Style

Experts consider authoritative parenting to be the most developmentally healthy and effective parenting style. Research has found kids who have authoritative parents are most likely to

become confident, responsible adults who feel comfortable self-advocating and expressing their opinions and feelings.

Authoritative Parenting



Do any of these statements sound like you?

- You put a lot of effort into creating and maintaining a positive relationship with your child.
- You explain the reasons behind your rules.
- You set limits, enforce rules, and give consequences, but also consider your child's feelings.
- You use positive discipline strategies such as praise and rewards.

If those statements sound familiar, you might practice authoritative parenting, which is considered to be the "gold standard" parenting style.¹¹ Authoritative parents provide their children with rules and boundaries, but they also give them the freedom to make decisions. With an authoritative parenting style, parents validate their children's feelings while also making it clear that the adults are ultimately in charge. They invest time and energy into preventing behavior problems before they start. They also use positive discipline strategies, like praise and reward systems, to reinforce positive behavior.

Authoritative parents view mistakes as a learning experience, and they have clear expectations for their children. They're nurturing and warm, yet they instill the importance of responsibility and discipline.

❖ How authoritative parenting affects children

Children raised with authoritative parenting tend to be happy, confident, and successful. They're also more likely to make sound decisions and evaluate safety risks on their own. Authoritative parenting is linked to academic achievement, heightened self-esteem, and resiliency.⁹

Kids with authoritative parents tend to have the following positive outcomes:

- Close, nurturing relationships with parents
- Tendency to be responsible and respectful
- Ability to manage their aggression
- High degrees of self-esteem, self-confidence, and self-regulation
- More likely to be happy and successful
- Ability to clearly express their emotions

Kids who are parented authoritatively can be trusted to make the right decision on their own, and they often set high expectations for themselves. These children may also perform well academically and socially, and they're less likely to misuse drugs or alcohol.

❖ How uninvolved parenting affects children

Without any guidance, structure, or parental involvement, children of neglectful parents often act out. Research has found that kids with uninvolved parents have the worst outcomes, and they're more likely to experience the following:

- Substance use
- Rebelliousness
- Delinquency (vandalism, assault, rape, petty theft)
- Lower cognitive and emotional empathy
- Diminished self-esteem

Children of uninvolved parents might, for example, get in trouble at school or with the law. In addition, they might hesitate to form bonds with other people and exhibit depression. Academic performance and social competence often suffer.

3. Types Of Parenting Styles

Parenting styles are constructs used to describe the different strategies parents tend to utilize when raising children. These styles encompass parents' behaviors and attitudes and the emotional environment in which they raise their children.

Developmental psychologists have long been interested in how parents affect child development. However, finding actual cause-and-effect links between specific actions of parents and later behavior of children is very difficult.

Some children raised in dramatically different environments can later grow up to have remarkably similar personalities. Conversely, children who share a home and are raised in the same environment can grow up to have very different personalities.

Despite these challenges, researchers have posited that there are links between parenting styles and the effects these styles have on children. And some suggest these effects carry over into adult behavior.

The Four Parenting Styles



Parenting Styles

In the 1960s, psychologist Diana Baumrind conducted a study on more than 100 preschool-age children. Using naturalistic observation, parental interviews, and other research methods, she identified some important dimensions of parenting.

These dimensions include disciplinary strategies, warmth and nurturing, communication styles, and expectations of maturity and control. Based on these dimensions, Baumrind suggested that the majority of parents display one of three different parenting styles. Later research by Maccoby and Martin suggested adding a fourth parenting style. Each of these has different effects on children's behavior.

The four parenting styles that have been identified by Baumrind and other researchers are:

- The authoritarian parenting style
- The authoritative parenting style
- The permissive parenting style
- The uninvolved parenting style

❖ Authoritarian Parenting

In this style of parenting, children are expected to follow the strict rules established by the parents. Failure to follow such rules usually results in punishment.

Authoritarian parents don't explain the reasoning behind these rules. If asked to explain, the parent might simply reply, "Because I said so."

Other common characteristics:

- While these parents have high demands, they are not very responsive to their children.
- They expect their children to behave exceptionally and not make errors, yet they provide little direction about what they should do or avoid in the future.
- Mistakes are punished, often quite harshly, yet their children are often left wondering exactly what they did wrong.²

Baumrind says these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation." They are often described as domineering and dictatorial. Their approach is "spare the rod, spoil the child." They expect children to obey without question.

Effects of Authoritarian Parenting

Authoritarian parenting styles generally lead to obedient and proficient children, but they rank lower in happiness, social competence, and self-esteem. They may also be more likely to lie to avoid punishment.³

Tiger Parenting—Impact on Children's Mental Health

❖ Authoritative Parenting

Like authoritarian parents, those with an authoritative parenting style establish rules and guidelines that their children are expected to follow. However, this parenting style is much more democratic.

Common characteristics of the authoritative parenting style:

- Authoritative parents are responsive to their children and willing to listen to questions.
- These parents expect a lot of their children, but they provide warmth, feedback, and adequate support.
- When children fail to meet expectations, these parents are more nurturing and forgiving than punishing.

According to Baumrind, authoritative parents are good at setting standards and monitoring their children's behavior. Their disciplinary methods are assertive and supportive rather than intrusive, restrictive, or punitive.

For authoritative parents, the goal is to raise children who are socially responsible, cooperative, and self-regulated. The combination of expectation and support helps children of authoritative parents develop skills such as independence, self-control, and self-regulation.

Effects of Authoritative Parenting

Authoritative parenting styles tend to result in happy, capable, and successful children.

❖ Permissive Parenting

Permissive parents, sometimes referred to as indulgent parents, make very few demands of their children. These parents rarely discipline their children because they have relatively low expectations of maturity and self-control.

- Other common characteristics of permissive parenting:
- Permissive parents prioritize being their child's friend rather than being a parent.
- They are warm and attentive but tend to set few rules, rarely enforce rules, and have few expectations.
- They allow their children to make their own decisions.

According to Baumrind, permissive parents are responsive to their children but not demanding. Because they do not expect mature behavior from their children, kids may struggle to set limits for themselves. On the positive side, this can help kids become more self-sufficient and independent. On the downside, it can contribute to poor self-regulation.

Permissive parents are generally nurturing and communicative with their children, often taking on the status of a friend more than a parent.

Effects of Permissive Parenting



Permissive parenting often results in children who rank low in happiness and self-regulation. These children are more likely to experience problems with authority and tend to perform poorly in school.

❖ Uninvolved Parenting

In addition to the three major styles introduced by Baumrind, psychologists Eleanor Maccoby and John Martin proposed a fourth style: uninvolved or neglectful parenting.

An uninvolved parenting style is characterized by few demands, low responsiveness, and very little communication.

Other characteristics of the uninvolved parenting style:

- While these parents fulfill the child's basic needs, they are generally detached from their child's life.
- They might ensure that their kids are fed and have shelter but offer little to nothing in the way of guidance, structure, rules, or even support.
- These parents may seem indifferent, unresponsive, and dismissive.
- In some cases, these parents may reject or neglect the needs of their children. They may also be physically or emotionally abusive.

A 2019 study found that children raised by neglectful parents tend to struggle in school, experience more depression, have worse social relationships, have difficulty controlling their emotions, and experience more anxiety.

The Impact of Parenting Styles

Research suggests that parenting styles can have a range of effects on children. Some of the areas of a child's life that may be affected in the present and in the future include:

- Academics: Parenting styles can play a part in academic achievement and motivation.
- Mental health: Parenting styles can also influence children's mental well-being. Kids raised by authoritarian, permissive, or uninvolved parents tend to experience more anxiety, depression, and other mental health problems.
- Self-esteem: Kids raised by parents with an authoritative style tend to have strong self-esteem than kids raised by parents with other styles,
- Social relationships: Parenting styles can impact how kids relate to other people. For example, kids raised by permissive parents are more likely to be bullied, while kids raised by authoritarian parents are more likely to bully others.
- Adult relationships: Researchers have also found that kids raised by strict, authoritarian parents may be more likely to experience emotional abuse in adult romantic relationships.

Can You Change Your Parenting Style?

If you notice that you tend to be more authoritarian, permissive, or uninvolved, there are steps you can take to adopt a more authoritative parenting style.⁷ Strategies that may help include:

- Listen: Spending time listening to what your child has to say. Let them share their opinions, ideas, and worries with you.
- Establish rules: Create a clear set of rules for your household and communicate your expectations to your child. In addition to telling your child what the rules are, be sure to explain why these rules exist.
- Consider your child's input: Authoritative parents set the rules but are also willing to listen to their child's feelings and consider them when making decisions.

- Be consistent: Enforce rules consistently, but be sure to provide consequences that are fair, proportionate, and educational.

Developing a more authoritative parenting style takes time. With practice and consistent effort, however, you will find that your approach to parenting gradually shifts to a more supportive, involved approach that can lead to better developmental outcomes.

4. How To Discuss Parenting Style?

Why is my parenting style important?



The way you parent your children can have a major impact on the type of adult they become. Parents might use a mix of parenting styles, but most tend to lean towards one style. Each style of parenting may lead to different outcomes for children.

Factors influencing parenting styles

There are many influences on the way you interact with your child, such as:

- how you were raised
- your experiences
- how you see other parents act
- your health and financial situation
- how much support you have
- your culture and values
- what you read or see in the media

You might want to parent the same way your own parents did, or you might want to take a different approach. It's your decision.

What parenting style is right for you and your child?

As a parent, it's your responsibility to care for your child and give them the best start in life that you can. It's up to you which parenting style or mix of styles you choose. Remember that providing your child with love and guidance will help them develop into a confident, resilient and socially responsible adult.

Research shows that an authoritative (or supportive) style of parenting works best for children because they are warm, loving and provide clear guidance and support. This style of parenting helps your child develop secure relationships and independence. They are encouraged to explore their world and try different things, while knowing that you have set limits and will take charge when the need arises. Having limits helps your child feel secure.

It's your role as a parent to set limits — 'It's OK to play with the water in the bath, but it's not OK to splash it all over the floor' — and to set rules for safety — 'If you won't hold my hand when we cross the road, you can't come with me to the shops'.

Using an authoritative (or supportive) approach, you can set limits that are appropriate for your child, explain your reasons and allow for discussion. This way, your child will learn how to behave appropriately, not just to follow rules.

How to be an authoritative (supportive) parent

Here are some practical tips for how to use the authoritative (supportive) style of parenting:

- Build your connection with your child — spend individual time with them and try to see things from their point of view. Show interest in things that interest them. Know what's happening in their life, go to their activities or sports and get to know their friends.
- Tell your child you love them and give them hugs and cuddles.
- Talk to your child about many different topics, listen to their views and give them your full attention.
- Encourage your child to have a go at different things that interest them and practise their skills. Praise them for working hard and having a go.
- Guide and support your child — set clear rules about what is OK and what is not OK. Look out for opportunities to praise your child for behaving well.
- Be a positive role model — behave in ways you expect your children to behave and treat people the way you want your children to treat others. Live according to your values.

You can become an authoritative (supportive) parent by learning about positive parenting. Triple P is a positive parenting program developed in Australia. It can give you skills and strategies to help you create a calm and loving home environment, make rules and encourage good behaviour according to your values.

5. Why Is Parenting Support Important?

Parenting is one of the hardest and most important jobs anyone can do. Every stage along the way brings more questions and difficult choices. Yet honest conversations about the challenges

of parenting are rare—especially when a parent or child is struggling. That’s where parenting support groups come in.



Research shows that support groups provide healthy parenting skills, an increased sense of empowerment, and a feeling of belonging. Moreover, parenting support groups can be particularly helpful for parents of teens who are coping with anxiety, depression, or other mental health issues.

Here are five reasons why parenting support groups make a powerful positive difference.

1. Parenting Support Groups Remind Parents That They Are Not Alone

Parenting support groups assure parents of troubled teens that they are not alone. They can talk to others who understand the challenges, emotions, and practicalities that they’re dealing with every day. In addition, they can blow off steam in a supportive, nonjudgmental environment. Parents sometimes believe that they’re “bad parents” if their child is struggling. As a result, their shame and embarrassment can prevent them from talking to other parents about their experience. Furthermore, parents may feel like they’re the only ones having a hard time. Thus, they believe that other parents have “perfect” relationships with their kids and know just what to do when their child is suffering.

Hence, parenting support groups are a reminder that there are no “perfect” parents or “perfect” kids. All parents doubt themselves sometimes. And everyone makes mistakes along the way.

2. Parenting Support Groups Are a Form of Self-Care

Parenting isn't easy even when your child is well and happy. As a result, parent burnout is common. In one study, a control group of parents of healthy kids was compared to a group of parents of chronically ill children. Subsequently, 36 percent of parents of sick kids showed clinical burnout symptoms. That's not surprising.

However, 20 percent of the control group showed clinical levels of burnout as well. In other words, one out of every five parents is suffering from burnout. Consequently, parents who are burnt out have less energy. In addition, they have less patience and perspective. Therefore, their ability to care for their children is compromised.

Parents who find reliable, positive self-care approaches are better able to care for their children. Additionally, they do so with creativity and resilience. Moreover, they tend to have strong relationships with their kids. Therefore, parenting support groups are a form of self-care that promotes both parents' and kids' mental health.

3. A Way to Access Resources and Build a Support Network

Another advantage of parenting support groups is the access they provide to information and resources. For example, parents can get referrals to therapists in their area.

Furthermore, other parents may be able to recommend outpatient or residential programs that helped their teens. In addition, parents share services, books, websites, and other parenting support resources that they found helpful.

Moreover, parents of teens can work together to come up with creative ideas for helping a teen whose behavior is challenging.

4. Parenting Support Groups Help Parents Build Skills

A support group for parents of teenagers is a great place to get positive parenting tips. That's because parents talk about the coping skills that work for them. In addition, they share their tools for creating healthy communication with their teenagers. And what works for one parent sometimes works for another parent as well. Plus, parents also learn what didn't work well for others. Hence, they can avoid certain pitfalls.

Furthermore, parents can receive feedback about whether they are overreacting to particular teen issues or behaviors. Or they discover that they might not be doing enough. Since other parents have probably experienced something similar, they can give honest feedback.

Moreover, parenting support groups provide a space and time for parents to focus on what's happening with their teen. And they can look at how the entire family is affected. This space for reflection can be hard to find during daily life. That's because parents are in the midst of coping with the moment-to-moment challenges that arise. Therefore, focused time in a parent support group provides the opportunity to consider options. As a result, parents can make thoughtful plans and decide on next steps to support the family's health and thriving.

Read "8 Tips for Parenting Teens: How to Stay Centered."

5. A Place to Find Hope and Humor

Often parents come to a parenting support group for the first time in the midst of a crisis. And they may find it hard to imagine that things will ever be set right again. In addition, they may be terrified about their teen's mental health and their future.



As a result, spending time with other parents can be an enormous relief. Especially helpful are stories of teenagers who have been through treatment and are making steady progress. Such stories provide a sense of hope and relief. They are a reminder that teens have a very good chance of recovery when they receive comprehensive, evidence-based treatment. Moreover, dealing with a teen mental health crisis or difficult teen behavior is serious work. However, parents benefit from maintaining a sense of humor. And it's easier to find humor in a situation when we can share our stories and experiences with others who understand what we're going through.

6. Useful Advice For New Parents

The start of a new year can feel extra special for new parents, as it represents the opportunity for growth and change. But it can also be overwhelming and intimidating.

That's why experts on the Forbes Health Advisory Board are sharing their best pieces of advice for new parents heading into 2024. Whether it's a gentle reminder to prioritize self-care or seek out support when you need it, their advice will help you head into the new year with confidence.

FEATURED PARTNER OFFER

Care.com – Find Trusted Child Care Providers



- Compare and hire the best babysitter or nanny to fit your needs
- Choose from over 485,000 caregivers
- Trusted by 3 million+ people
- Average star rating for child care providers is 4.6
- Developed with safety, advocacy and thought leadership in mind

In the early days of new parenthood, make sure you're communicating regularly and effectively with your support network, says Judy Ho, Ph.D, a triple board certified and licensed clinical and forensic neuropsychologist.

"Parenting can be very overwhelming, especially in the beginning," she says. "It is important to talk about how you are feeling with your partner or any other supportive loved ones who are

helping you care for your newborn during this time. Make sure to have discussions about expectations, division of responsibilities and problem solving together as a team.”

Don't Forget Self-Care

Give yourself grace, too, Ho adds. “Know that it is normal to experience a roller coaster of emotions during this time, and try to find some way to take care of yourself—even five minutes for a daily shower or eating a nutritious meal can do wonders,” she says. “It’s all about going back to the basics to make sure that you are well taken care of so that you can provide the best for your newborn.”

Seek Out Support

As the age-old expression goes: It takes a village. Rachel Tavel, a doctor of physical therapy, recommends seeking out support from experts who can help you navigate all the changes that arise from new parenthood.

“There is so much that nobody tells you about those first days, weeks and months of being a parent, but know this: Support exists in so many forms. Give yourself time to figure out what you need, then seek it out,” says Tavel.

“For starters, schedule a telehealth visit with a pelvic floor physical therapist any time you find a moment and feel ready,” she says. “Even before getting a physical assessment (which is also a must), having a specialist who understands both the physical and mental toll that childbirth can have on a person can give you some much needed comfort, confidence and guidance on simple things such as moving safely, breathwork and other tips and resources you may need early on.”

Maintain Your Routine

For breastfeeding mothers, the holiday season can bring its own set of challenges, says Amy Peterson, an international board certified lactation consultant. Give yourself a gentle reminder to maintain some normalcy during the hectic holiday season.

“Did you know the holidays can bring the gift of mastitis and/or low milk supply? In this season of business, feedings may get spaced farther apart than normal,” she says. “That, coupled with potential stress, can be problematic for breastfeeding moms. Set a recurring alarm on your phone to feed your little one.”

Set Boundaries

New parenthood can also invite unwelcome prying from (often well-meaning) relatives. Peterson reminds new parents that they should feel empowered to set boundaries.

“Seeing loved ones over the holidays is wonderful, until they ask those nosy questions: Is your baby sleeping through the night yet? Are you still breastfeeding? Plan your reply now so you aren’t left speechless,” she says. “I suggest, ‘Thanks for asking. It’s going great,’ coupled with a

change of subject, 'Excuse me while I go get some hot chocolate,' or 'What did you ask Santa for this year?'"

New parents often overlook the importance of maintaining a clean nursery. This subtopic emphasizes the significance of cleanliness in ensuring a safe and healthy environment for the newborn. It provides practical tips and advice on how parents can effectively clean and organize the nursery to promote the baby's well-being.

Nursery Organization Tips: Keeping the nursery organized is key for new parents

Are you ready to nest for the arrival of your newborn? Nesting is one of the most exciting phases during pregnancy. An expected mum is strongly urged to prepare a beautiful, safe, healthy space for her baby.

This extra energy and release of adrenaline is a healthy way to pass the last few weeks, reduce stress and get things organised for a baby. As an expectant parent, you need to spruce up your house without using chemically laden products to avoid potential health hazards during pregnancy. It is also essential to organise everything and stock up on baby's essentials and bedding to make a perfect newborn nest.

Here are some key cleaning essentials to help prepare a safe and healthy nursery for the arrival of your new bundle of joy. This will give you peace of mind that your baby is safe and secure.

Clear Out The Room For Your Baby



It is best to begin the process by preparing a room for your newborn baby. Ensure you remove all the necessary things and large furniture pieces from the room.

If you have a plan for a dreamy nursery, empty the room and start from scratch. This will also help you deep clean every nook and cranny with perfection.

Tip: Do not lift heavy boxes or furniture during pregnancy. Hire help or delegate tasks to other members.

Use Microfiber Cloth To Remove Dust

Nesting is beyond stocking and organising the nursery. You need to ensure that your entire home is clean and dust-free. Tiny dirt particles, pollen, allergens and mites can irritate the sensitive respiratory systems of your newborn baby. So, here are a few things to keep your home and baby's nest room dust-free:

- Use a microfiber cloth to remove dust from light fixtures, fittings and fans
- Wipe down switchboards, shelves, cabinet tops and cupboards with microfiber dusters
- Wipe down window panes and frames

Clean Using A Vacuum Cleaner

Removing dust particles, pollen, pet dander and other allergens from delicate furnishings, hard-to-reach spots and tight spaces is crucial to maintain a healthy indoor environment for your new born baby. Make sure you invest in a HEPA-filtered vacuum cleaner with an appropriate attachment as it can remove 99.97 percent of particles from the air. You can use this cleaning gadget to clean the following surfaces:

- blinds and window tracks
- Upholstery furniture and floor coverings.
- It can trap embedded dust, pollen and allergens from bedding
- Nooks and crannies

Tip: It is always good to book cheap end of lease cleaners in Melbourne when vacating a rented property during pregnancy. They will spruce up everything without causing any stress.

Natural Cleaning Products

Removing stains, grime, mould, etc from a home becomes easy with store-bought cleaners. Unfortunately, these products are laden with synthetic fragrances, phthalates, ammonia, chlorine and bleach that can cause harm to your newborn baby.

As an expectant parent, your priority is to create a protective shield for your little one. Thus, embrace organic cleaning products when sprucing up your home during nesting. You can use the following eco-friendly products:

- White Vinegar: Mix it with warm water and essential oils (a few drops) to tackle stubborn stubborn stains, limescale, soap scum and grime from almost all surfaces except natural stone surfaces.
- Baking Soda: It can be used as a powder or paste to dislodge oil stains, grease, and organic stains from all surfaces, including kitchen appliances and countertops.
- Lemon: To cut through grease and oil splatters

- Use Citric Acid and Baking Soda for unclogging drains and other stains.
- Hydrogen Peroxide: Use 3 per cent of it and kill mould and mildew.
- Salt: Mix it with baking soda to tackle germs and grime
- Rubbing Alcohol: To disinfect contaminated areas

These are safe alternatives for pregnant women, toddlers and pets.

Improve Air Quality



Focus on improving indoor air quality when preparing a safe and healthy nursery. For that, clean the air filters of your HVAC system to get rid of trapped dust, pollen and grime. This will also improve energy efficiency and keep your newborn safe from airborne allergens.

Tip: It is good to replace air filters before the arrival of your baby.

Refresh Bed Linens With Mild Detergents

Nesting is all about cleaning, organising and beautifying your baby's crib. This can help you reduce pre-labour anxiety when busy with such exciting things.

Refresh the bed sheets, soft and comfortable pillow covers, bumpers and quilts to prevent the spread of germs and dust mites. So, wash your bed linens in hot water to kill dust mites and other bacteria. Make sure you use fragrant-free and mild laundry detergent because baby's skin is gentle.

You can also add baking soda and lemon juice for safe and sound cleaning outcomes. If you are pregnant and moving out of a rental property soon, book a company for a professional end of lease cleaning Melbourne and stay relaxed throughout the process. They can help you pass the rental inspection with ease.

Steam Cleaners For Dirty Carpets

Carpets and rugs harbour a lot of germs and bacteria. This can cause harm to your newborn baby. When preparing a safe and healthy nursery, make sure you deep clean carpets and upholstery using a steam cleaner. It is one of the safest ways to tackle stains and grime. The best part is that you don't need any harsh chemicals to achieve sparkling results.

Use Warm Water To Mop The Floor

Instead of using ammonia-based floor cleaners, use warm water or mild detergent to mop your floors. Use a microfiber mop to clean every nook and cranny without leaving dirt or stains behind.

You can spot clean using white vinegar. However, it is good to test the product on a hidden area before mopping the entire floor.

Nesting Tips: Stock And Organise Your Nursery

Here are some quick tips and tricks to prep a safe and ideal nursery for your baby:

- Stock up on baby essentials, such as delicate clothing, cloth diapers, cotton pads, BPA-free bottles, and much more.
- Pre-wash outfits and linens
- Baby-proof the entire home and get rid of sharp objects, dispose of chemicals, etc.
- Buy a crib and clean it regularly to prevent the accumulation of dust.
- Bring plants and ensure proper ventilation.

However, if you are at the end of your lease period, book experts for a quality end of lease cleaning Melbourne and ensure a stress-free final inspection to get your bond back.

Wrapping Up

Nesting can be an exceptional way to reduce anxiety in the last few weeks during pregnancy. An expectant parent can spruce a home and prepare a safe and healthy nursery. These are some of the key cleaning essentials shared above in this article to help give a safe, sound and healthy environment to their new bundle of joy.

Bottom Line

In conclusion, the "Beginner's Guide to Parenting Styles" serves as a valuable tool for new parents, offering a wealth of information and advice to help them navigate the complex world of parenting. By understanding the different parenting styles and their effects, parents can make informed decisions that benefit their children's development. The guide also emphasizes the importance of open communication and seeking support, highlighting the value of community and resources in the parenting journey.

Ultimately, this guide empowers parents to confidently embrace their role, armed with the knowledge and tools needed to raise happy, healthy, and well-adjusted children.

References

What Is Parenting Style? | What Is Your Parenting Style, and Why Does It Matter?,
retrieved 22 Feb, 2024, from,

<https://www.parents.com/parenting/better-parenting/style/parenting-styles-explained/>

Types Of Parenting Styles | Why Parenting Styles Matter When Raising Children,
Retrieved 1 Dec, 2022, from,

<https://www.verywellmind.com/parenting-styles-2795072>

How To Discuss Parenting Style? Parenting styles, from,

<https://www.pregnancybirthbaby.org.au/parenting-styles>

Why Is Parenting Support Important? | 5 Reasons Why Parenting Support Groups Are
So Important, Retrieved 25 Feb, 2019, from,

<https://www.newportacademy.com/resources/restoring-families/parenting-support-groups/>

Useful Advice For New Parents | 5 Pieces Of Expert Advice For New Parents In 2024,
Retrieved 1 Aug, 2022,from,

<https://www.forbes.com/health/family/expert-advice-for-new-parents/>

Nursery Organization Tips: Keeping the nursery organized is key for new parents |
Newborn Nest: Cleaning Essentials For A Safe And Healthy Nursery, Retrieved 7 Feb,
2024, from,

<https://www.bondcleaninginmelbourne.com.au/newborn-nest-cleaning-essentials-for-a-safe-and-healthy-nursery/>