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Parenting Styles and Their Relation to Child Activity Levels

Jessica Sibley¹⁰

This study was designed to examine the relationship between parenting styles and how they recorded their child's activity levels. An 18 question survey was available to participants that asked questions in reference to the parenting style they feel they associate with most, as well as questions regarding their child's hyperactivity, sleeping patterns, eating patterns, and their daily activity.

A raving topic in today's media is obesity and health issues among today's population and a bigger issue in relation to the children of today society. While schools have made attempts to help solve this issue by restricting the high calorie foods and drinks kids have accessibility to through the school where they have decreased their portion size and made healthier choices of the foods they serve, the issue still exists in today's society.

One longitudinal study found to be substantial in relating parenting styles to children who were found to be overweight, meaning that there was a relation found between parenting styles and the child's weight but it is unclear if we can state that parenting styles do effect a child's weight (Ventura & Birch, 2008). This study found that mothers who practiced more of the authoritative parenting style were less likely than the other parenting styles, to have children classified as overweight. (_____ as cited in Ventura & Birch, 2008)

There are many factors that can be a result of children's eating habits and obesity, such as when a child eats, portion size, if they eat in distress, what they eat, as well as if food is a form of the parent's positive reinforcement (Ventura & Birch, 2008). Another contributing factor to a child's obesity is his/her activity level. Whereas many can argue that a child is overweight due to their low activity level, many can also argue that a child has a low activity level because the child

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is overweight. Both these point of views may be valid so I decided to focus on parenting styles and their relation to his/her child's activity level aside from the aspect of weight.

Hennessy, Hughes, Goldberg, Hyatt, and Economos (2010) conducted a study involving children ages 6 to 11 and had their activity level measured by wearing an Actigraph model 7164 accelerometer and parents were categorized into one of the four parenting styles (authoritative, authoritarian, permissive and uninvolved) based on the PDI-S and Maccoby and Martin's approach (as cited in Hennessy, Hughes, Goldberg, Hyatt, & Economos, 2010). The PDI-S (parental dimensions inventory-short form) examined the parents support, control, and structure based on the questionnaire parents were required to complete (Hennessy et al., 2010). The study did have a slight focus on the child's height, weight, and eating habits, its main focus was on the relations between parenting styles and the child's activity level. Results conclude that parents who practiced a permissive parenting style had children who had a higher MVPA (moderate to vigorous-physical activity) than the other three parenting styles, where uninvolved parents had children who had the least amount of MVPA with a negative association (Hennessy et al., 2010).

Saunders, Hume, Timerio, and Salmon (2012) conducted a cross-sectional and longitudinal study in 2004, with a follow up in 2006, which used similar methods as Hennessy and colleagues. The study focused on adolescent girls but categorized activity to walking/cycle trips and organized sports. Saunders et al (2012) also gathered information pertaining to weight, height and used accelerometers to measure MVPA, it also used a questionnaire asking the adolescent girls to report the frequency of walking and cycling trips and participation in organized sports. Another questionnaire was given to parents to help classify their parenting practices which include indulgent, authoritarian, authoritative and neglectful (Saunders et al, 2012). Results from the cross-sectional examination suggest that there is a positive relation

between the frequency of organized sports and authoritarian parenting styles, where there was a negative association between authoritative and indulgent parenting with the frequency of walking/cycling trips (Saunders et al, 2012). When focusing on the longitudinal study from 2004 to 2006, there was no association found meaning from 2004 to 2006 there was no relation found between parenting styles and the amount of organized sports and/or walking trips (Saunders et al, 2012).

The purpose of the present study was to examine the relationship between parenting styles and a child's activity level at the day care age. Most studies found when conducting research for this study focused on children six and up, and I felt as though a child becomes active at such a young age, it is important to see how these parenting styles relate at such a highly developmental age. A child becomes active upon birth, and grows in activity throughout life. From birth to kindergarten, a child learns a lot of mobility techniques; from rolling over, sitting up, crawling, to walking, running, climbing, and even possibly riding a bike. Every age of a child's life is critical to learning, these young ages are very high in learning mobility, thus important to activity level.

Out of the four parenting styles I focused on: authoritative, authoritarian, indulgent, and neglectful, I expected to find a strong positive correlation between those who categorized their parenting style as indulgent to reporting his/her child with a higher activity level. I expected this due to recollection of personal encounters I have experienced with the different types of parenting styles and the children who correspond to them. I also believe this to be true in reference to the Sanders et al., study where there was a negative correlation found between indulgent parents and walking/cycling trips of their adolescent teens.

In order to discover a more accurate result, the study was done in the form of an anonymous online survey. I felt this would be best fit due to the sensitivity of the topic as well as sensitivity to some of the question participants were asked to answer. I felt as though participants are more likely to answer truthfully when the survey would be taken anonymously. Also, where physical activity level is defined as the total energy cost of physical activity throughout the day (a ratio of metabolic rate) because of lack of resources (Bender, 2005), I was unable to properly obtain activity levels due to not being able to determine calorie intake vs. metabolism of the child. I did however, ask a few questions in regards to eating habits, sleeping habits, as well as weight/height (percentiles if known) to help get a better picture the child's food intake, calories burned, and activity levels.

Method

Participants

There were 50 participants who took place in this online survey, where 11 participants dropped out after giving consent. The age ranges of participants were 20 to 40 with a mean age of 26.5. This age range was based on the participants who gave an accurate answer to their age, while some may have misread the question and answered with the response of their child's age. Participants were recruited from three local daycares in the Florissant and Hazelwood area. Participants were also recruited from an online website Facebook where links were posted on the primary investigator's personal Facebook page as well as a parenting group "Parents online resale group St. Charles County". Snowball sampling was also used to help recruit participants due to the sharing and reposting of some individuals on Facebook.

Materials and Procedure

The primary investigator first created the 18 question online survey at SurveyMonkey.com (see Appendix A); this method was chosen to keep all participants anonymous, even to the primary investigator, because the study dealt with a sensitive subject. Meanwhile, the investigator gained permission from local daycares using the permission letter (see Appendix B) to inform them of information they may need. After finalizing the survey, the link <https://www.surveymonkey.com/s/YSN386L>, was posted at the local daycares using flyers (see Appendix C) to give any interested party knowledge of where to find the survey, what the survey was about, and contact information; the same link was also posted on Facebook in the parenting groups as well as the investigator's personal page. Once participants decided to participate, the link brought them to the first step of the survey, the cover letter and consent statement. If participants agreed to continue after reading the consent form by clicking "yes," Survey Monkey allowed them to continue to the next page which was the 18 question survey.

The survey consisted of questions regarding the participants' parenting styles, their child's eating habits, sleeping habits, as well as questions regarding their child's daily activities. After completion of the survey, participants then viewed the information letter that automatically appeared (see Appendix A).

Results

After closely analyzing the data, I have found that the results of my study no relation between parenting styles and their child's activity level. I would even say the results are inconclusive due to the fact that there were not enough participants associating with each parenting style to even determine a relation between parenting styles and activity levels.

Parenting Styles

Of the 50 participants, 11 gave consent to participate in the current study but resigned from further participation without completing any further questions. Of the participants, 30 said to associate themselves with the authoritative parenting style, 2 associated with authoritarian parenting style, 12 associated with the indulgent parenting style, and only 1 associated with the neglectful parenting style. Of the one who associated with the neglectful parenting style, they also associated with practicing the indulgent parenting style as well. Of the 30 who associated themselves with the authoritative parenting style, 6 of them also associated with the indulgent parenting style. Figure 1 demonstrates the percentages of participants associating with each parenting style; keep in mind that some participants choose multiple parenting styles where they are included in both parenting styles separately (meaning one who chose indulgent and authoritative is included in the indulgent percentage as well as the authoritative percentage since there is no category for indulgent and authoritative).

When the authoritative parents were asked if there was anyone else highly influential in their child's life that practices a different parenting style, only 9 participants said yes. Of these 9 participants 8 of which said that person practices the indulgent parenting style where only one said that person practices the authoritarian parenting style. Also, 1 of the participants also said to have practiced the indulgent parenting style prior to practicing the authoritative parenting style whereas the other 29 said they have always practiced authoritative.

When the authoritarian parents were asked the same questions only one said there is an individual highly involved in their child's life that practices a different parenting style, where the parenting style was also the indulgent parenting style. The same participant was also the one who

associated with the neglectful parenting style; where both authoritarian parents said they have always practiced the same parenting style.

When the indulgent parents were asked, six participants said there is an individual who is highly involved in their child's life who practices a different parenting style. Of these participants, five said these individuals practiced the authoritative parenting style, and only one said the authoritarian parenting style. Remembering that six of the twelve participants who practice the indulgent parenting style also said to practice the authoritative parenting style, I then wanted to see if these individuals in fact practiced a different parenting style than the participants (due to the fact that the participants may practice authoritative as well). Of the six participants who said to practice both, only two said another person highly involved practiced a different parenting style. This leaves four who truly had someone else involved that practiced a different parenting style. Out of all twelve of those practicing indulgent parenting styles, two said they previously practiced a different parenting style; one practiced authoritarian and one practiced authoritative (the one who practiced authoritative was no one who associated with both indulgent and authoritative currently).

Child Demographic Information

Children's age ranged from 5 months to 6 years old with a mean age of 1.8 years old. There was almost an equal amount of children who were identified as male and female, with 51.3% being female, and 48.7% being male. Of those participants who associated with the authoritative parenting style, 50% of them said to have a child that is 1 year old. Of those participants, 13.3% had a child under the age of 1, 16.7% had a child 2 years old, 13.3% had a child 3 years old, 3.3% had a child 4 years old, and 3.3% had a child 6 years old. 56.7% of

parents that associated with authoritative parenting styles had female children, and 43.3% had male children.

The two participants who associated with authoritarian parenting styles, one had a 1 year old, and the other had a 4 year old; one child was male, and one was female. Of the 12 participants who associated with the indulgent parenting style, 50% said to have a 1 year old child. Of the indulgent parents, 8.3% had a child under 1 year old, 8.3% had a 2 year old, 8.3% also had a 3 year old and 25% had a 4 year old. Indulgent parents also had a 50/50% of children who were male and female. Finally, of the one participant who associated with neglectful parenting style (also chose authoritarian), their child was a 1 year old female.

Eating Habits and Child's Measurements

Where few participants' children were still on bottles, of those who were eating full meals a day, the average amount of meals consumed a day was 2.96, where the meals ranged from 2 to 5 meals a day. Those who had infants appeared to eat the normal amount compared to their age. This average amount of meals a day was equivalent for all parenting styles besides authoritarian who had an average of 2.5 daily meals. Snack intake range from zero snacks a day to four a day, with an average of 2.8 snacks a day.

For authoritative parents, the average snack in take was 2.6 snacks a day ranging from zero to four. Most authoritative parents said to give their child three snacks a day at 36.7%, where 26.7% give their child two snacks a day, 23.3% give their child 4, 6.7% give their child one, and 3.3% said they do not give their child any snacks throughout the day. Indulgent parents had 42% of which give their child four snacks daily, where 33.3% said to only give two, 16.7% give their child three, and 8.3% claimed to give their child no snacks throughout the day. Of the

two parents associating with authoritarian parenting style and the one associating with neglectful, all said they give their child four snacks daily.

Sleeping Patterns

The hours a child slept at night ranged from 5-8 hours to more than 12 hours a night; the average amount of sleep a night was 9-12 hours. Authoritative parents un-shockingly had a 73.3% of children sleeping 9-12 hours a night. This is not shocking because of the majority of individuals associating with authoritative parenting style. Only 23.3% said their child sleeps 5-8 hours, and 3.3% said their child sleeps over 12 hours a night. The authoritarian and neglectful parenting styles all said their child sleeps 9-12 hours a night. Where the indulgent parenting style had a 75% of which sleep 9-12 hours where the other 25% said their child sleeps 5-8 hours a night.

When participants were asked on average, how many naps their child takes a day, answers ranged from zero to two. With most participants stating their child takes one nap a day, with 57.9% (see Figure 2) where most naps lasted an average of an hour to an hour and a half (see Figure 3).

Those associating with authoritative parenting styles had a 31% (nine participants) of which saying their child takes two naps daily where double that amount said their child takes one nap daily. Only two stated that their child does not take a nap at all. Of this parenting style, over half the participants who's children did take naps said their child sleeps between 61 minutes to 1 ½ hours. There was 30% who said their child sleeps over 1 ½ hours, 15% said their child sleeps from 31 minutes to an hour, and one participant (3.7%) said their child sleeps less than 30 minutes.

When reviewing the authoritarian parenting styles, one participant said their child does not take a nap but then stated that their child takes less than a 30 minute nap which counters acts with the previous answer of no naps. The other participants associated with authoritarian parenting styles, their child was said to take one nap lasting from 61 minutes to 1 ½ hours. This participant was also the one who associated with the neglectful parenting style as well.

For indulgent parenting styles, only two participants (16.7%) said their child does not take naps (which is the same two individuals from the authoritative parenting style who said their child does not take naps as well). Of the remaining 10 participants, half said their child takes 1 naps while the other half said 2 (41.7% for both). Of the 10 participants that said their child takes naps only one participant said their child sleeps less than 30 minutes while on the other end of the spectrum, only one participant said their child sleeps over 1 ½ hours. With the remaining eight participants, half said their child sleeps 30 minutes to an hour, while the other half said their child sleeps 61 minutes to 1 ½ hours (40% for both).

Activity Level

Figure 4 demonstrates the percentages and numbers for all participants who rated their children's hyper activity level. Most participants stated their child's hyper activity level was at a level of 3 with 41%. No participants associated their child with a hyper activity level of one.

For authoritative parents, the activity levels were all over the board, with the most of 11 participants stating their child has an activity level of 3 (36.7%), which was closely followed by 10 participants associating with a level 2 hyper level (33.3%). When relating the authoritative parenting styles with the overall responses to this question I found that all participants who said their child had an activity level of five practiced this authoritative parenting style; where four out of the 8 who said their child had a level for 4 also practiced the authoritative parenting style.

Over all, only 13.3% of authoritative parents said their child had an activity level five (see Figure 5).

For authoritarian parenting styles, both participants said their child had a activity level of three, which also means that the one parent associating with neglectful parenting had a child with the activity level of three as well. For the indulgent parenting style, the activity level of three also got the most responses at 41.7%, which was closely followed with 33.3% of an activity level of four, while also being closely followed by an activity level of two with 25%.

Ranking of Activities from Most Favorite to Least Favorite

Figure 6 illustrates the number of participants who ranked their child's activities from most favorite to least favorite. Activities included: Read/look at books, watch TV/play video games, eat, sleep, walk/crawl, play catch/roll a ball, run, dance, climb, and ride a bike. Over all, reading/looking at books received was ranked the highest in terms of most favorite activity at 29.7%, where walking/crawling was ranked highest for second favorite at 16.2%, and the highest ranked activity for third favorite was watching TV/playing video games at 27%.

For authoritative parents, 28.6% listed reading/looking at books as their child's most favorite activity. When participants were asked what their child's second favorite activity was, 17.9% said dancing and when asked what their child's third favorite activity, 32.1% said their watching TV/playing video games.

For the authoritative parenting styles, due to only two associating with this style, the activity that was listed as most favorite was tied with one participant stating their child's most favorite activity is reading/looking at books, the other participant stated their child's favorite activity was watching TV/playing video games. For the second favorite activity, one stated walk/crawl, while the other stated riding a bike, but for the third favorite activity both

participants stated climbing. Again, one of the participants had also chosen neglectful as their parenting style and that participant chose reading/looking at books as the most favorite, and walking/crawling as their second favorite.

Finally, the activity for most favorite that indulgent parents chose was eating with 41.7%. For the second favorite activity there was a tie between watching TV/playing video games and walking/crawling with both having 25%. Also at 25% for the third favorite activity was watching TV/playing video games.

Discussion

After careful data analysis, I have found that there is not enough data to accurately interpret the results. Where I hypothesized that those associating with indulgent parenting styles would have a higher child activity level my results found that the average hyper activity level for each parenting style did not show significant differences with all associating with an average of a three in terms of hyper level. Although the authoritative parenting style had the only participants who associated with a level five hyper level as well as more activity levels in the range of four, the average activity level still was 3.1 where indulgent parents said their child exhibited an average of 3.08 in terms of hyperactivity level.

Where I also recorded such factors as sleeping patterns, age of child, and sex, I found that there were very little differences among parenting styles. From research done prior to the study, I found that eating and sleeping patterns are closely correlated in determining activity levels where my results show no significance. Also, in order to determine if the child's weight is reflecting their activity level I asked for participants to give their child's weight and height in preferably percentiles (if they did not know percentiles they were asked to give their actual weight in pounds and height in inches). After attempts to convert the child's percentiles, these questions

were thrown out due to not enough information to correctly obtain the percentiles for all participants. In infants, to determine a child's percentile you use their age in months, not years. Due to not knowing the exact age in months the data had to be thrown out (meaning a 1 year old can range from 12 months to 23 months in age where percentiles can change drastically from month to month because as an infant they grow so rapidly)

I also had to throw out the questions in regards to the ages participants reported when their child first walked and crawled due to the fact that most participants were authoritative parents causing the earliest walkers/crawlers and the later walkers/crawlers all being of the authoritative parenting style.

When asked the age of the participant a few answers had to be thrown out which could have also skewed the age range due to the fact they answered in the years of their child and not themselves. Also, when participants answered the question in terms of most favorite activity to least favorite activity, some participants listed their child's least favorite activity as riding a bike while most of those participants also said their child was only 1 year of age. Where I cannot say that these children do not know how to ride a bike, I do believe that some participants felt as though they had to select an answer for all. With this, I would suggest changing the wording in a few of my questions to avoid this confusion.

Due to limited time, this research could be better investigated with a time span that could allow for recruitment of more participants. This research did not receive a wide enough range of participants associating with each parenting style to acquire any true results. In future research, the primary investigator should allow more time to gain a wider range of participants and those associating with each parenting style due to the fact that 77% of my participants associated with the authoritative parenting style. Another way to further expand from this project would be to

conduct an observational experiment aside from the questionnaire to allow more accurate information gathered. Observation could eliminate participants who may have lied on the survey about the parenting style they generally practice. I would also suggest future researchers to obtain more resources to get more accurate amounts of activity levels as well as metabolism rates if at all possible.

Overall, this research could be important to understand child development, if revisions were to be made to this original study. Where I did not receive the results desired, this study still provides a base for future research to expand on. I hope to see researchers expand on this study in the future.

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Figure 1

Which of the following parenting styles would you say you practice? This question allows multiple answers.

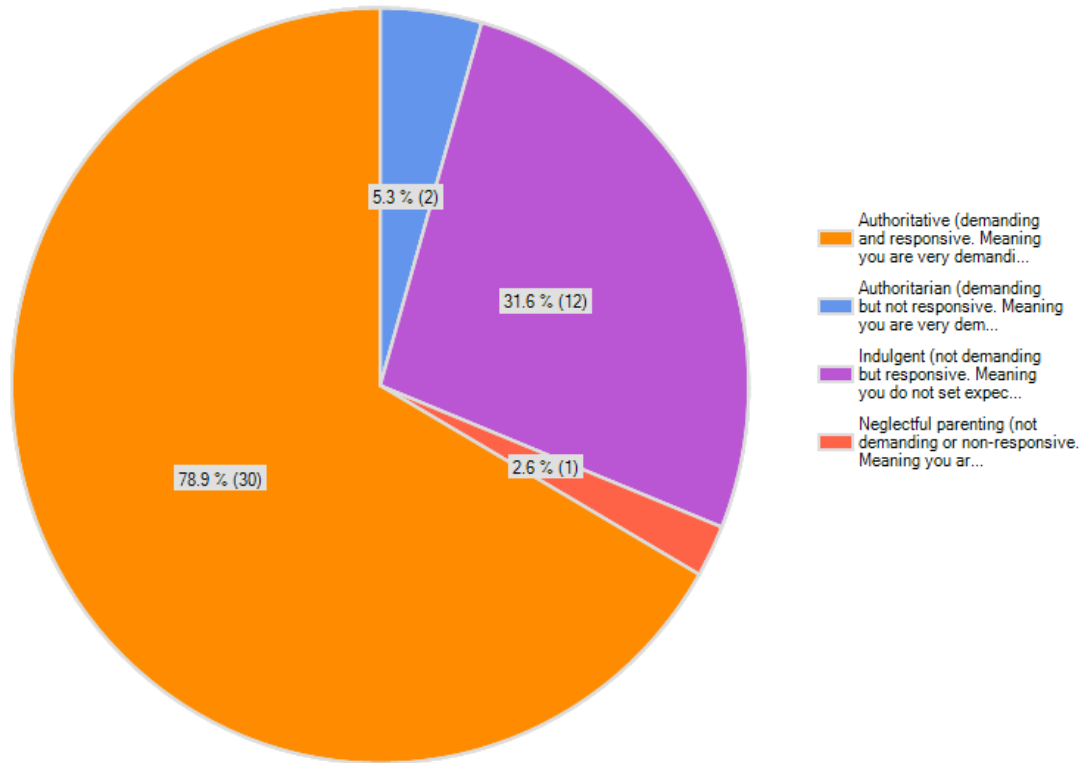


Figure 2

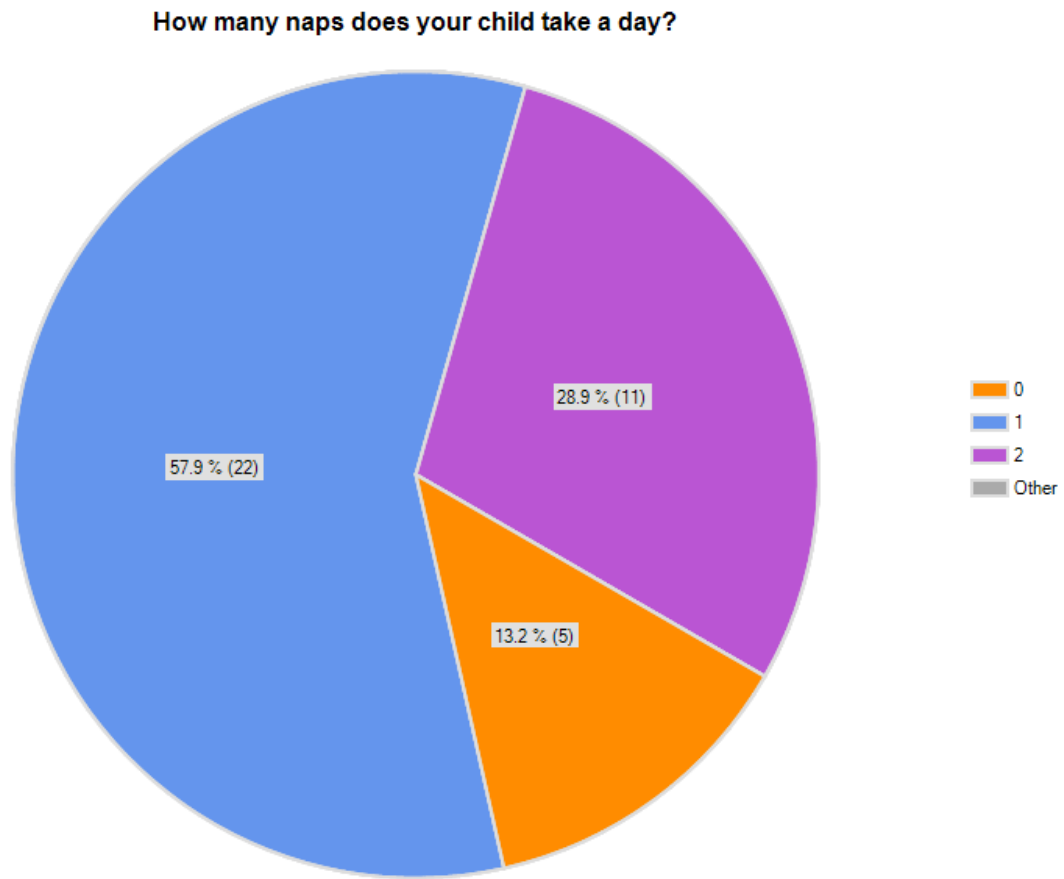


Figure 3

On average, how long are their naps?

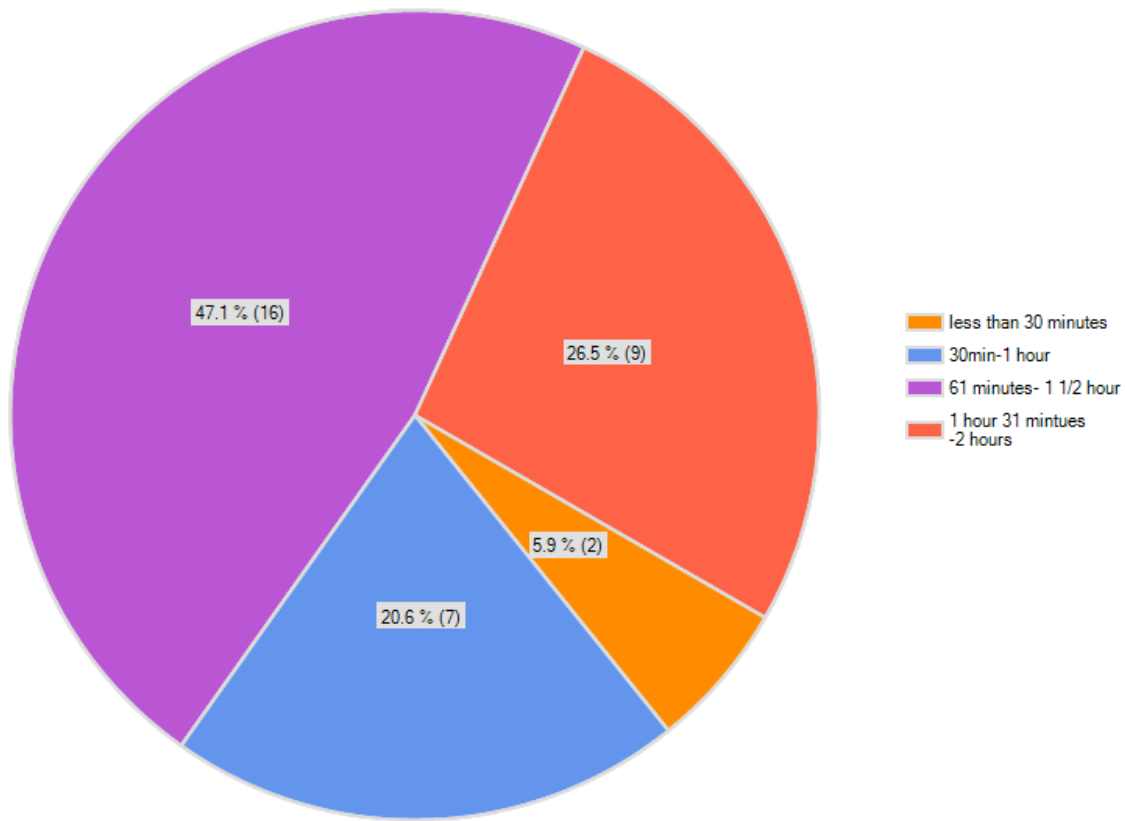


Figure 4

Rate your child from 1 to 5. 1 Being very laid back and 5 being very hyper.

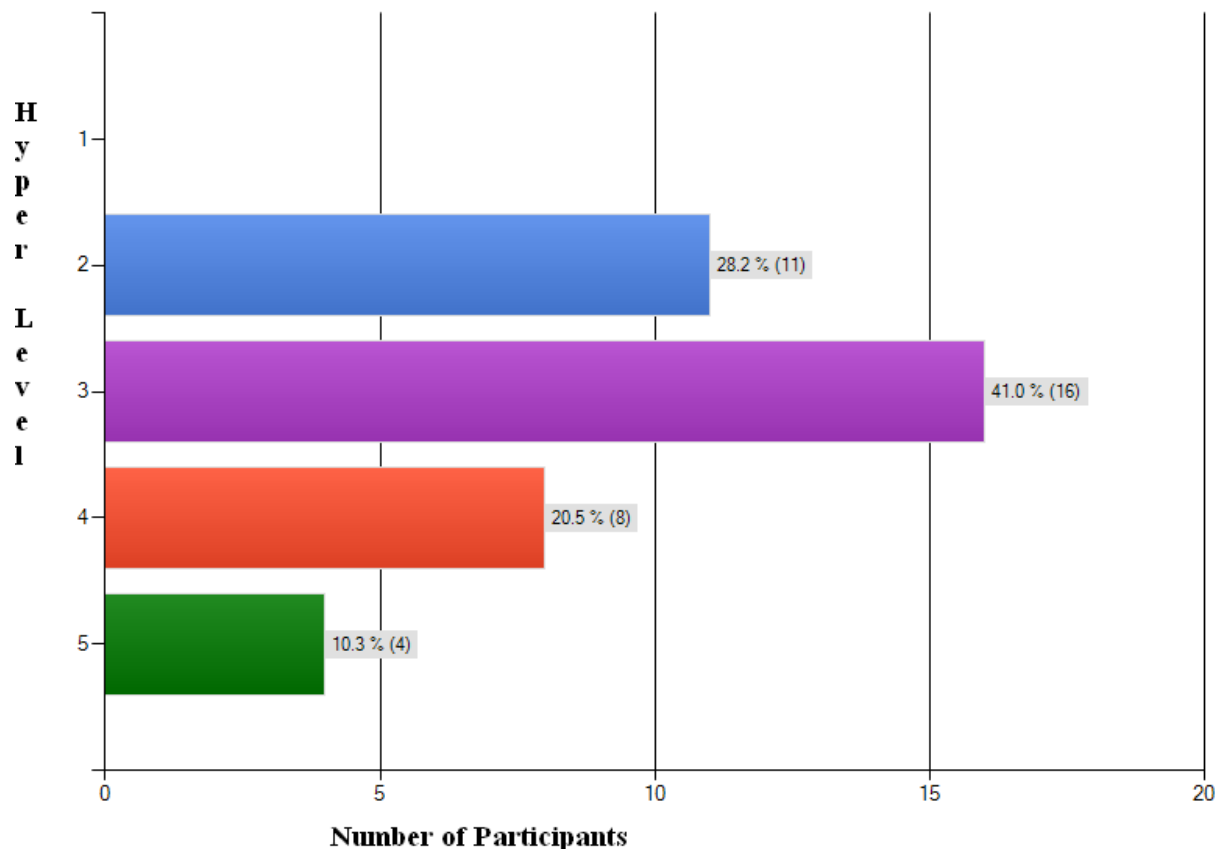


Figure 5

Rate your child from 1 to 5. 1 Being very laid back and 5 being very hyper.

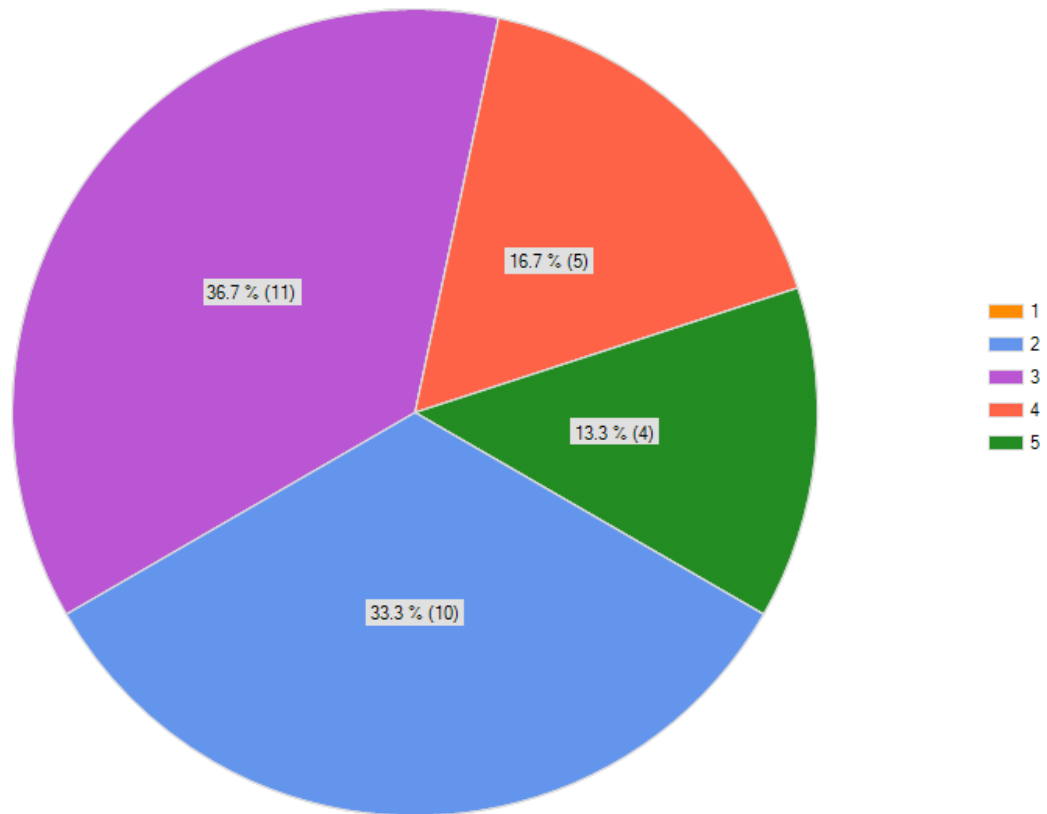


Figure 6

Answer Options	read/look at books	Watch TV/Play	Eat	Sleep	Walk/crawl	Play catch (not full)	Run	Dance	Climb	Ride a Bike
Most favorite	11	3	7	0	1	2	4	5	3	1
2nd favorite	3	4	2	5	6	2	5	5	2	3
3rd favorite	4	10	2	0	3	4	3	3	7	1
4th favorite	3	6	4	1	3	3	5	3	5	3
5th favorite	4	3	3	4	4	3	5	3	1	3
6th favorite	5	0	5	2	7	6	1	4	0	2
7th favorite	3	1	4	4	3	3	3	1	2	3
8th favorite	0	2	1	4	2	3	0	5	5	1
9th favorite	1	4	1	8	2	2	1	3	2	0
10th favorite	0	3	2	7	0	1	0	1	0	5

Appendix A

(Cover Letter)

My name is Jessica Sibley and I am a student at Lindenwood University. I am conducting a survey to analyze and compare the different parenting styles and how each parent records his/her child's activity levels for a class project. I, myself, am a parent and am interested in seeing if there is any relation between the two. This is a 17 question survey that should take approximately 5 to 10 minutes. If you have more than one child in daycare, feel free to take the survey multiple times; once for each child. If you want to take the survey only once, that is completely understandable and acceptable. Then choose one child and answer the questions pertaining to only that child.

The potential risks may be psychological. The results of this study could lead to feelings of guilt, shame, or failure as good parents. It is important to remember that there is no "right" parenting style and that there is no right answer to any questions.

Even if you agree to participate, you may withdraw from the study at any time. If you choose to not participate or stop your participation before the end of the study, you will not be penalized or prejudged in anyway. Also, you may choose to skip any questions in the survey you wish without any penalties.

No information that identifies you personally will be collected; thus your responses are anonymous and fully confidential. Meaning no one, including the primary investigator, will know each participant's individual answers; the IP addresses of respondents will not be collected.

Please feel free to ask the researcher if you have any questions. If you do have questions, comments, or concerns after participating today, you may contact the researcher at 314-853-23469 or the researcher's supervisor Dr. Michiko Nohara-LeClair at 636-949-4371

(Consent statement)

*

1. Based on the information on the previous page, please select the YES button if you consent to take part in this survey as a respondent who is informed of the nature of the study, and the NO button if you do not agree to give consent to taking part in this survey after reading the information about the study on the previous page. Again, please note that you can choose to stop the survey at any time by selecting the X at the top of the screen.

Yes, I give consent to participate in the study

No, I do not give consent to participate in the study

(Survey)

If you have multiple children in daycare, please choose one child and answer pertaining to that child only. You may take the survey multiple times, once for each child.

2. What is your child's age by years? If under 1 year, state how many months.

- 1
- 2
- 3
- 4
- 5

Other (please specify)

3. What is your child's gender?

Female

Male

4. What is your age in years?

5. How many full meals a day does your child eat? If your child only drinks formula, state how many bottles and ounces per bottle.

6. How many snacks a day does your child eat?

- 1
- 2
- 3
- 4
- 5

Other (please specify)

7. What is your child's weight percentile? If you do not know the percentile please just indicate their weight

8. What is your child's height percentile? If you do not know their percentile, please indicate their height.

9. How many hours does your child sleep a night on average?

less than 5

5-8

9-12

more than 12

10. How many naps does your child take a day?

- 0
- 1
- 2
- 3

Other (please specify)

11. On average, how long are their naps?

less than 30 minutes

30min-1 hour

61 minutes- 1 1/2 hour

1 hour 31 minutes -2 hours

Other (please specify)

12. Rate your child from 1 to 5. 1 Being very laid back and 5 being very hyper.

1

2

3

4

5

13. Which of the following parenting styles would you say you practice? This question allows multiple answers.

Authoritative (demanding and responsive. Meaning you are very demanding of your child's expectations but are still very understanding of their feelings. You allow the child to be independent but yet you still set limits and controls of their actions)

Authoritarian (demanding but not responsive. Meaning you are very demanding of what you expect from your child but with little explanation and are less responsive to your child's needs; also known as strict parenting)

Indulgent (not demanding but responsive. Meaning you do not set expectations of your children but you are very involved. In a way cater to your child's needs allowing them to become what some may consider "spoiled")

Neglectful parenting (not demanding or non-responsive. Meaning you are not involved. You do not set expectations nor are you emotionally involved)

Other (please specify)

14. If there is anyone highly involved in your child's life that practices a different parenting style with your child, indicate which one. This question allows multiple answers.

Authoritative

Authoritarian

Indulgent

Neglectful

N/A

Other (please specify)

15. Have you always practiced this parenting style? If no, then state which one you practiced previously.

yes

no,

16. At what age did your child first learn to crawl? If not crawling yet, please put NA**17. At what age did your child first learn to walk (in months) ? If not walking yet, please put NA**

18. Rate each of the activities below from your child's least favorite to most favorite. If your child is not capable of an activity below, simply leave it blank. Note, some may contain multiple activities due to different children's capabilities.

	Watch read/look at books	TV/Play video games	Eat	Sleep	Walk/crawl	full (not sport)/ roll a ball	Run	Dance	Climb	Ride a Bike
--	--------------------------------	---------------------------	-----	-------	------------	---	-----	-------	-------	----------------

Most favorite

2nd favorite

3rd favorite

4th favorite

5th favorite

6th favorite

7th favorite

8th favorite

9th favorite

10th favorite

19. Has your child been diagnosed with hyperactivity/ADHD or other disorders that may influence your responses

yes

No

(Information Letter)

I would like to thank you for completing this important survey I am completing for a course at Lindenwood University. My hypothesis is that those parents who practice the indulgent parenting style will report their children as being more active than those who report practicing any of the other parenting styles. It is very much appreciated that you took the time to contribute to this research. Again, remember that no matter the results of this study, there are many acceptable parenting styles and no answer you submitted is incorrect.

If you would like to see the final report to this study, after May of 2013, the researcher will be posting a new link on the same website pages as well as the same daycares where participants were recruited from that will direct you to the posting of the final report. Again, thank you so much for your time and effort!

Feel free to contact me at any time.

Primary investigator,

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Appendix B

Letter Requesting for Permission to Recruit from Daycare

(Name of daycare)
(Address of daycare)
(Date)

Dear _____; Director of _____ Daycare,

My name is Jessica Sibley, and I am a student at Lindenwood University. I am conducting a survey for a class project to see the relationship between parenting styles and how parents report their child activity level.

Participants will visit a website called Survey Monkey to take a 17 question survey on their parenting styles, their children's activity levels, sleeping habits, and eating habits. The survey will take approximately 5 to 10 minutes and will be fully confidential and anonymous.

You will not be required to participate in this study in any way or advertise about this study yourself, but I would greatly appreciate it if you would be willing to allow me to post a flyer to help recruit individuals willing to take part in the survey.

Please sign this form if you agree to grant me permission to post flyers on your premises to recruit participants as well as a flyer in May after the study is done with the location of the final report for those who would like to see the final report. If you have any questions regarding this study, please feel free to contact me using the contact information shown below.

Your signature

Date

Primary Investigators signature

Thank you for your time,

XXX

Supervisor

Dr. Michiko Nohara-LeClair

636-949-4371

Mnohara-leclair@lindenwood.edu

Appendix C

Parents:

WANT INSIGHT ABOUT YOUR PARENTING STYLE?

THERE IS A SURVEY BEING
CONDUCTED TO DETERMINE IF
PARENTING STYLES HAVE ANY
RELATION TO A CHILD'S ACTIVITY

LEVEL
Feel free to help with research by
visiting

[https://www.surveymonkey.com/s/Y
SN386L](https://www.surveymonkey.com/s/YSN386L)

and taking the survey yourself! Also, feel
free to contact the researcher, Jessica, at
314-853-2346 with any questions!