

Children of Strict Parents More Likely To Be Overweight.



Parents, it's time to reflect on your parenting style. A recent study has found that your parenting style has a huge influence on your child's weight, and whether he or she will be overweight by the first grade.

As a matter of fact, children of "authoritarian" parents have five times the risk for being overweight, according to Dr. Kyung Rhee, a clinical instructor and research fellow at Boston University School of Medicine.

Rhee said that "authoritarian" parents were described as strict disciplinarians, but "authoritative" parents, while setting limits, appeared to be more respectful of their child's opinions. The study also looked at "permissive" parents, those seen as indulgent and not putting discipline into practice and "neglectful" parents, those seen as emotionally uninvolved with their children and how don't set any rules.

Rhee and other researchers analyzed data from the National Institute of Child Health and Human Development Study of Early Child Care and Youth Development. The researchers looked at 872 children. Of those studies, about 11 percent were considered overweight.

Children of authoritarian parents were found to have five times the risk of being overweight, when compared to those of authoritative parents. Children of both permissive and neglectful parents were found to be twice as likely to be overweight as those with authoritative parents.

"They learn and listen to external cues," and not their own bodies, says Rhee.