

An Overview of Parenting Styles and Their Influence on Child's Eating Habits

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ABSTRACT

Introduction: Parents have one of the most influential roles to play in determining children's diet. Studies show that the common child rearing practices known as authoritative, authoritarian, permissive and neglecting significantly influence children's food choices, meal behaviours and eating patterns. Poor eating habits, mostly associated with suboptimal child-rearing measures, lead to nutritional decline and long-term health consequences.

Aim: This review aimed to find out the effects of parenting styles on children's eating patterns, with special focus on the processes by which parenting promotes or hinders children's health.

Materials and Methods: Studies focussing on the association between parenting styles and children's eating behaviours were retrieved. The data was collected using specific keywords, including "Parenting Styles," "Child Eating Habits," "Authoritative Parenting," and "Dietary Behavior," from viable sources such as PubMed, Science Direct, Research Gate and Google Scholar. A

total of 25 articles were reviewed, in English from the year 2015-2025 and a narrative review was conducted.

Result: Preliminary studies shows that authoritative parenting revealed itself as the most suitable one and promotes balanced eating habits, as this form of childcare is based both on warmth and control. While authoritarian and neglectful rearing was related to overeating, food refusal, and emotional eating. Permissive Parenting, where the parent gave in easily to children's demands, was associated with irregular meal timings and low dietary quality. The argument is that the key issues regarding children's relationships with food are key parenting behaviours with potential wide-ranging impacts for health and development throughout childhood.

Conclusion: Basic child-rearing patterns are central in shaping children's eating patterns. Encouraging authoritative parenting effectively can help young people have healthier dietary habits as well as lower probabilities of having eating disturbances.

Keywords: Child nutrition, Dietary behaviours, Food preferences

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