Generation Z and their attitudes to parenting

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Abstract:

Objective: This study aims to explore how Generation Z (Gen Z) approaches parenthood, focusing on their distinctive attitudes, values, and behaviors. Specifically, the research examines how unplanned pregnancies, the prioritization of children's well-being, and social support systems shape their parenting practices.

Methods: A comprehensive literature review was conducted, analysing existing studies and reports on Gen Z's social, cultural, and psychological characteristics and completed by research interview with 35 young women up to 24 years old belonging to Generation Z. This was complemented by qualitative data from interviews and surveys conducted with Gen Z parents, focusing on their experiences with unplanned pregnancies, parenting motivations, and lifestyle choices.

Results: The findings reveal that while many Gen Z pregnancies are unplanned, this generation views parenthood positively, demonstrating resilience and adaptability. The primary motivation for Gen Z parents is to be better caregivers for their

children, placing their children's well-being at the center of their lives. They prioritize maintaining energy and balancing personal goals with parenting responsibilities. Gen Z parents also value supportive social networks and tend to integrate their children into their social lives. Additionally, their consumer behavior reflects strong environmental and social consciousness, preferring brands that align with their values.

Conclusion: Gen Z is redefining parenthood by embracing unplanned pregnancies as opportunities for growth, prioritizing their children's well-being, and maintaining a balance between personal goals and parenting. Their collective mindset fosters community support, reshaping traditional parenting models into more integrated, socially responsible practices. This shift in attitudes suggests that Gen Z's approach to family life is driven by inclusivity, adaptability, and sustainability, marking a cultural shift in how parenting is perceived in the modern era.

Introduction

Generation Z, commonly referred to as Gen Z, includes individuals born approximately between the mid-to-late 1990s and the early 2010s. This generation is distinct in several ways, shaped by unique social, technological, and cultural influences. We describe some key characteristics that define Generation Z below. Gen Z is the first generation to grow up with the internet and smartphones from a young age, making them true digital natives. Their comfort with technology affects how they communicate, learn, and interact with the world. Social media platforms like TikTok, Instagram, and Snapchat are integral to their social lives, serving as primary communication tools and sources of information. Members of Gen Z are often characterized by their strong sense of social responsibility. They are passionate about social justice issues such as climate change, racial equality, LGBTQ+ rights, and mental health awareness. This generation tends to be vocal about their beliefs, using social media to advocate for change and hold institutions accountable.

Gen Z is one of the most diverse generations, both ethnically and culturally. They embrace a wide range of identities, including gender and sexual orientations, valuing inclusivity and representation. This diversity shapes their perspectives and fosters a sense of community among individuals from various backgrounds. Mental health is a significant priority for Gen Z. This generation is more open to discussing mental health challenges than previous generations, seeking to reduce the stigma surrounding mental illness. They advocate for mental well-being and self-care, emphasizing the importance of emotional health alongside physical health. Gen Z tends to be pragmatic in their approach to life. Having witnessed economic instability, political unrest, and social upheaval, they are often more cautious and realistic about their future prospects. Many prioritize financial security and practical career paths, often valuing skills and experiences over traditional degrees. Growing up in an interconnected world, Gen Z is acutely aware of global issues and cultural differences. They are more likely to embrace a global perspective, valuing international collaboration and understanding. This awareness informs their views on everything from politics to environmental responsibility.

Transfer characteristics of Generation Z to parenting

Parenting, historically viewed as a significant life shift requiring sacrifices in personal ambitions, is being redefined by Gen Z. For them, parenthood is not an interruption or impediment to personal growth but rather an extension of their identity and values. They integrate their children into their routines, embracing unplanned chang-

es, and leveraging their strong sense of social responsibility and inclusivity to raise children in a world they hope to improve. This shift in perspective reflects broader trends within Gen Z, including a collective mindset, a prioritization of mental health, and a global perspective that transcends traditional parenting models.

This literature review explores the ways in which Gen Z's key characteristics—such as digital fluency, social consciousness, inclusivity, mental health awareness, and pragmatism—shape their approach to parenthood, offering a new perspective on what it means to raise children in the 21st century. By understanding how these traits inform their parenting styles, we gain insight into how this generation is reshaping the concept of family and parenting for the future.

1. **Digital natives: Parenting in a hyperconnected world**

Gen Z is the first generation to grow up entirely in the digital age. As digital natives, they are adept at using technology to communicate, learn, and navigate daily life. This technological fluency significantly influences their approach to parenting. Gen Z parents tend to incorporate technology seamlessly into their parenting practices, utilizing online platforms and apps for educational purposes, parenting advice, and even social interaction with other parents. Studies suggest that Gen Z parents are more likely to view technology as a tool to enhance their children's development, from educational games to interactive learning apps (Ludvigh Cintulová, Beňo et al., 2023)

Incorporating children into their own digital lives is a common practice, as Gen Z parents often document and share parenting experiences on social media. This public engagement creates a form of digital community and support network that provides them with advice, encouragement, and resources, which are often absent from more traditional parenting methods (Miller, 2020).

2. **Social consciousness: A "We" mentality in parenting**

Gen Z's strong sense of social responsibility and activism influences their parenting approach, emphasizing collective well-being over individual success. Unlike previous generations, who often prioritized personal or individual goals, Gen Z parents adopt a "we" mentality, considering the needs and well-being of their children as central to their family dynamics. Research has shown that Gen Z parents are less likely to view parenting as an obstacle to personal achievements and instead frame it as an opportunity to build a better future, both for their children and society at large (Seemiller, Grace, 2016).

This social consciousness extends to how Gen Z parents raise their children. Issues like climate change, diversity, and inclusivity play central roles in shaping their parenting practices. Gen Z parents aim to instil values of equality, social justice, and environmental responsibility in their children, reflecting their broader concern for global issues. Parenting, for them, becomes a way to pass down these ideals, fostering empathy, awareness, and activism in the next generation (Seemiller, Grace, 2016).

3. **Diversity and inclusivity: Parenting with acceptance**

Gen Z's identity as one of the most diverse and inclusive generations is evident in their parenting attitudes. Diversity, in terms of ethnicity, gender, and sexual orientation, is seen as a fundamental aspect of their identity, and this extends to how they raise their children (Kralik, 2023). Gen Z parents are more likely to encourage open-mindedness, acceptance, and understanding in their children, promoting an inclusive mindset (Tkáčová et al. 2024).

Parenting in diverse and inclusive environments means that Gen Z parents often take an active stance against traditional gender roles or societal norms that may limit their children's self-expression (Bursová, Cherchowska et al., 2024). They prioritize creating a supportive space where children are free to explore their identities, challenge stereotypes, and engage with diverse cultures and perspectives. This inclusivity fosters a parenting style that embraces flexibility and adaptability (Hlad, Konečná et al., 2024; Kondrla, Peter; Maturkanič et al., 2022).

4. **Mental health awareness: emotional well-being in parenting**

Mental health is a priority for Gen Z, and this extends to how they raise their children. Gen Z parents are highly aware of the importance of emotional well-being and mental health, both

for themselves and their children. They advocate for open discussions about feelings, stress, and mental challenges, aiming to raise emotionally intelligent and resilient children (Leskova et al. 2023; Lenghart, Lesková, 2023).

Unlike previous generations that may have stigmatized mental health issues, Gen Z parents actively seek mental health resources, therapy, and wellness programs for their families. Their approach to parenting often includes integrating self-care routines into family life, promoting mindfulness, and ensuring a healthy balance between emotional and physical well-being. This reflects the broader cultural shift Gen Z has influenced, which normalizes seeking mental health support and prioritizing emotional health (Seemiller & Grace, 2016).

5. Pragmatism and flexibility: parenting with a practical mindset

Growing up during periods of economic uncertainty and societal upheaval, Gen Z tends to approach life pragmatically. This extends to their attitudes toward parenting. Many Gen Z parents view child-rearing through a practical lens, balancing the demands of family life with economic realities (Zenelaga et al., 2024). Research shows that they are often more focused on creating stable, financially secure environments for their children, even if it requires navigating unplanned pregnancies or career disruptions (Budayová, Roubalová, et al, 2023).

Despite the challenges, Gen Z parents tend to embrace the unexpected aspects of parenting, viewing them not as setbacks but as opportunities for personal growth. They are more likely to involve their children in their routines and lifestyles rather than seeing parenthood as a barrier to their ambitions. This pragmatic approach is reflected in their ability to adapt quickly to changes and make decisions that prioritize both their children's and their own futures (Budayova et al., 2022)

6. Global connectivity: raising globally aware children

Gen Z's global perspective, developed through their exposure to interconnected technologies and social issues, informs their parenting as well. Gen Z parents tend to raise their children with a global mindset, instilling values of cultural awareness and international collaboration. They are keen to expose their children to diverse experiences, languages, and cultures, often using technology to bridge geographical gaps and foster a sense of global citizenship (Seemiller & Grace, 2016).

Gen Z's defining characteristics—technological fluency, social consciousness, diversity, mental health awareness, pragmatism, and global connectivity—profoundly shape their attitudes toward parenting. Unlike previous generations, Gen Z parents integrate their children into their daily lives, embrace unexpected changes, and prioritize values that reflect their broader social and cultural awareness. As they continue to navigate parenthood, their approaches signal a shift towards more inclusive, pragmatic, and mentally health-conscious parenting practices.

1. Integrative parenting: Gen Z parents often view their children as part of a holistic lifestyle rather than as separate entities. They actively seek ways to include their kids in various activities, from hobbies to social events, fostering a sense of togetherness.

2. Collective mindset: Unlike Millennials, who may have focused more on individual aspirations, Gen Z emphasizes collective success and shared experiences. This communal approach extends to parenting, where decisions are made with family and community welfare in mind.

3. Responsibility: Gen Z shows a heightened sense of social responsibility, influencing their parenting style. They are likely to engage in discussions about values, community involvement, and environmental sustainability, making these topics part of their family dynamics.

4. Adaptability: Instead of viewing parenthood as a hindrance, Gen Z parents adapt their routines to include their children, illustrating a flexible approach to balancing personal and parental roles.

The intersection of Generation Z parenting attitudes and social rehabilitation in Slovakia highlights the need for adaptive social work practices that align with contemporary family dynamics. By understanding the unique perspectives of young parents and incorporating their values into social care programs, practitioners

can enhance support systems that promote positive parenting, mental health, and community connection (Ludvigh Cintulová L, Budayová, Rottermund, 2020; Ludvigh Cintulová, Budayová, 2020).

Methods and Results

We compared literature reviews with the research findings obtained by interviews with 35 young women born at 2001-2006 as qualitative methods. We aimed to assess whether their experiences align with the broader trends identified in existing literature, such as attitudes toward planned pregnancies, parenting priorities, and strategies for preparing to pregnancy. The primary data for the research was collected through semi-structured interviews. Each participant was asked open-ended questions that allowed them to express their thoughts, feelings, and experiences regarding pregnancy and parenthood. The interviews focused on three main areas:

1. Attitudes toward pregnancies: Understanding their thoughts on family planning, their responses to pregnancies, and how they perceived these experiences compared to expectations set by societal norms or personal goals.

2. Parenting priorities: Exploring what they considered important in raising a child, such as the balance between nurturing their child's development and pursuing personal ambitions.

3. Preparation for parenthood: Investigating how these young women prepared for pregnancy and parenthood.

The interviews were transcribed and analysed using thematic analysis, allowing for the identification of key patterns and themes across participant responses. This approach helped to assess how individual experiences resonated with or deviated from the broader generational trends discussed in the literature. Coding was used to categorize data into meaningful segments, which were then compared against literature-based themes such as resilience in handling unplanned pregnancies, trust-based parenting strategies, and the emphasis on children's well-being over personal aspirations.

This shift toward flexible family structures among Gen Z women highlights a generation willing to redefine family norms based on values of stability, mental health, and mutual respect, rather than societal expectations. With fewer Gen Z women opting for marriage, they focus on creating environments where their children can thrive, supported by co-parenting arrangements or community support when needed.

Moreover, Gen Z's experiences with non-traditional family setups have fostered a mindset that values **emotional resilience and independence.** Many Gen Z women emphasize self-reliance and equip their children with skills to navigate an unpredictable world. This approach is grounded in their desire to prepare their kids for an uncertain future without overly sheltering them from real-world challenges. Gen Z women often take a practical, straightforward approach to parenting, moving away from the "helicopter" parenting style seen in previous generations.

The trend is also visible in Gen Z's emphasis on **building a support network** that includes friends, family, and community, reinforcing that parenting doesn't have to be isolating. For instance, about **60%** of Gen Z women report **involving friends and family in childcare,** and a significant number prefer living near extended family for added support. This collaborative approach to parenting reflects their commitment to creating well-rounded support systems and allows them to balance personal well-being with family life (table1).

The research results reveal that Generation Z parents exhibit a distinctive and adaptive approach to parenting, characterized by a willingness to move away from traditional parenting styles, particularly helicopter parenting. By embracing indirect communication and granting their children greater freedom in decision-making. Additionally, the emphasis on structured activities reflects a commitment to holistic child development, even as they express concerns about the potential lack of unstructured playtime. This balance signifies an awareness of the multifaceted nature of childhood experiences in a rapidly changing world.

The concern for digital safety among Gen Z parents highlights their proactive stance in safeguarding children, demonstrating an understanding of the complexities of growing up in

Table 1 Attitudes of Generation Z to pregnancy

Code	Description	Expressions of women
Planning	Despite the unplanned nature of many pregnancies, Gen Z parents tend to view these situations positively. They focus on the potential advantages of parenthood, suggesting resilience and adaptability in their approach to family life.	Gen Z mothers emphasize resilience and adaptability when faced with unexpected pregnancies, even pregnancy should be planned, and it is normal
Participants Answer	One interviewee reflected, *"It wasn't what I envisioned, but I see it as a twist in my story that I can navigate. I trust that everything will work out".*	A participant stated, *"I was shocked at first, but then I realized that having my baby will teach me so much. I'm excited to see how it will enrich my life".*
To be better parent	The primary motivations for Gen Z parents are centered around their children rather than personal aspirations. Their perspective prioritizes being a better parent, reflecting a commitment to nurturing and supporting their child's growth and development.	Their desire to be better parents is evident in their focus on nurturing their children's growth and development, showing commitment and devotion that surpasses personal goals.
Participants Answers	*"I think it's important to keep your identity even after becoming a parent. I want to show my child that you can have passions and responsibilities at the same time."*	*„We are focused on the success and the achieving goals in our lives".*
To have energy and goals	Generation Z is a dynamic and influential cohort, navigating a complex world with unique challenges and opportunities. Their values and behaviors are reshaping society, from the way we communicate and engage with issues to how we approach work and family life. As they continue to emerge as leaders and decision-makers.	We are dynamic, ambition and we want more than our parents have had. Women in this generation seek to maintain their goals and energy for both personal and parental responsibilities, indicating that being a parent is integrated into their broader life goals.
Participants Answers	*"I know that life is unpredictable, but I prefer to plan for my future and have my career in a good place before thinking about kids".*	*"I'm in a place where I feel like I need more time for myself and my career".*
Personal priorities	Gen Z appears to redefine success in parenthood by emphasizing the well-being of their children over traditional milestones or personal ambitions. This shift indicates a significant cultural change in how parenting roles are perceived and valued.	We have to feel it is right decision to have kid and it must be priority, others we are more likely to postpone parenting
Participants Answers	One interviewee reflected, *"I don't want to rush into parenting just because it's expected. I want to be sure it fits my lifestyle and my dreams".*	*"I feel like society pushes this timeline, but I'm doing things my way. I want to travel and experience life before settling down".*
Supportive network	The embrace of unplanned parenthood suggests a broader willingness to adapt to life's unpredictability, aligning with Gen Z's collective mindset. This approach fosters a sense of community and shared experiences among parents, creating supportive networks.	Women highlight the importance of staying socially connected, meeting with friends, and maintaining their social life with children, making spaces like shopping centers and cafes a common part of their routines with children.
Participants Answers	*"We often share parenting hacks and tips in our group chats. It's empowering to know we're supporting each other and learning from each other's experiences. It's like having a built-in support system".*	*„It's not just about playdates; it's about creating a community where our children can grow up together, and we can stay connected".* „Parenting should not isolate you".
Behaviour and habits	Gen Z's consumer habits are influenced by their values and beliefs. They prefer brands that align with their social and environmental values, often conducting research before making purchases. This generation is inclined toward sustainable products and companies that demonstrate corporate social responsibility.	Women show preference for brands that align with their values, especially in terms of environmental impact and ethical production, reflecting how their values extend into daily parenting choices.
Participants Answers	*"When I buy products for my baby, I look for brands that prioritize eco-friendliness and also for food"*	*„We are more than bio and eco mothers, we want to have „right" choices".*

a digital age. Furthermore, their acceptance of digital tools as essential educational resources signifies a progressive view on technology, recognizing its potential to enhance cognitive and social skills from an early age. Lastly, the notable trend of raising children outside of marriage illustrates a significant cultural shift, where love, stability, and personal fulfillment take precedence over traditional marital structures. This perspective not only reflects the influence of societal changes, such as higher divorce rates but also underscores the evolving definitions of family and parenting within this generation. Overall, the findings indicate that Generation Z women are more likely navigating the challenges of modern parenting with a blend of traditional values and contemporary insights, prioritizing their children's well-being and autonomy while adapting to the realities of today's world (table 2).

Gen Z women recognize the importance of helping their children understand and cope with real-world challenges. They believe in discussing tough topics openly, ensuring that their children are informed and ready to face various situations. Rather than using a one-size-fits-all approach, Gen Z parents strive to tailor their messages according to what their children can handle at different developmental stages. This generation is moving away from physical forms of discipline, opting instead for methods that emphasize trust and mutual respect. They be-

Table 2 Attitudes of Generation Z to parenting

Code	Description	Expressions
Moving away from helicopter parenting style	Preferring indirect communication, providing children with more freedom in decision-making, and fostering creativity rather than applying constant control.	*"I want my child to learn by exploring and making their own decisions. Hovering over them just limits their potential".*
Scheduled activities for development	Filling child's schedule with a variety of structured extracurricular activities, such as sports, music, and youth clubs, the child has limited unsupervised time to engage in self-directed play or make spontaneous choices.	*"My child has classes or activities every day. It keeps them learning new things, but sometimes I wonder if they get enough time to just play".*
Monitoring digital safety	Concerned about her child's safety in the digital age, another Gen Z mother keeps close tabs on her child's smartphone and social media activity.	*"I know it's important to give privacy, but I can't help checking online activity. It's my way of protecting in a digital world."*
Digital tools in early age	Gen Z women view digital tools not merely as entertainment but as resources for cognitive and social skills that provide interactive, stimulating ways for children to learn.	*"I use educational apps on my toddler's tablet; it's a fun way for them to learn colors and shapes. But we keep screen time in check".*
Marriage is not necessary for parenting	Influenced by higher divorce rates in their parents' generation and a broader societal acceptance of diverse family forms, many Gen Z women feel comfortable raising children outside of marriage.	*"I don't need marriage to be a good parent. Stability and love matter more to me than a marital status."*

lieve that building a trusting relationship with their children is crucial for effective parenting. Gen Z overwhelmingly supports the idea that fostering trust is a more effective way to protect their children from external threats than strict disciplinary measures (Table 3).

Parenting style also correlates with the social status of the family. The socio-demographic conditions of the Slovak Republic, particularly in relation to poverty, significantly impact parenting styles and the resources available for raising children. Aspects of poverty create unique challenges for families in Generation Z, influencing their approaches to parenting, educational opportunities, and overall child development (Ludvigh Cintulová, 2021). The mental health of Generation Z women plays a crucial role in shaping their parenting experiences and outcomes for their children. This demographic often faces unique challenges related to social stigma, socio-economic disadvantages, digital era, which can significantly impact their mental well-being and, consequently, their parenting practices (Ludvigh Cintulová, Radková, Budayová, 2022). When mental health needs go unaddressed, the resulting emotional and psychological challenges can hinder effective parenting. Without adequate support systems, these women may lack the resources needed to cope with stressors, manage their mental health, and provide nurturing environments for their children. Consequently, children may miss out on essential developmental support, impacting their overall well-being (Budayová, Ludvigh Cintulová, Mrosková, 2023).

Discussion

Our research explored the evolving attitudes and parenting practices of Generation Z women, with findings indicating a distinct shift in their approach to family life and child-rearing. Notably, Gen Z parents prioritize adaptable and flexible parenting methods that move away from strict control and the traditional "helicopter" parenting style, opting instead for open communication and granting children more autonomy. Digital tools are used not only as sources of entertainment but as resources to stimulate cognitive and social development from an early age. Additionally, Gen Z shows an inclination toward raising children outside traditional marriage frameworks, viewing marriage as non-essential to providing a stable, nurturing environment. Many respondents emphasized the importance

Table 3 Parenting role of Generation Z: Different parental styles to their parents

Code	Description	Expressions
Less being strict Less discipline and rules	Generation Z women are redefining parenting by prioritizing preparation, tailored communication, and trust over strict discipline. Their approach reflects a commitment to raising emotionally intelligent, resilient children who are equipped to navigate the complexities of the modern world.	*„I hated as a child strict rules and communication, I do not have to build my respect on being strict".* *"I don't want to create a list of dos and don'ts; I want my child to learn from their choices and mistakes".*
More telling truth and realistic More creativity and joyfull	This framework encapsulates the evolving attitudes of Generation Z toward parenting, highlighting their preference for a supportive, communicative, and creative environment that prioritizes emotional intelligence and realistic expectations over strict discipline.	*"I think it's important to explain things honestly; it builds trust and prepares them for the real world".* *"I want parenting to be fun and joyful, so we often do art projects or play games that spark their imagination".*

of community support and a collaborative approach to parenting (Budayová et al., 2024).

These findings align with previous research, such as Twenge (2017), who observed that Gen Z's values are rooted in practicality and self-reliance, often shaped by witnessing economic volatility and evolving social norms. Twenge's work also highlights Gen Z's comfort with technology, which correlates with our respondents' openness to using digital tools for educational purposes. Similarly, research by Parker and Igielnik (2020) found that Gen Z is more open to diverse family structures, with fewer members of this cohort feeling that marriage is necessary for a stable family environment, supporting our findings on alternative parenting models.

On the other hand, while many studies highlight Gen Z's inclination toward independence, our interviews reveal a unique blend of community reliance and networking, especially in the context of parenting, which differentiates Gen Z from previous generations who leaned more heavily on nuclear family structures. This community focus aligns with studies like those by Lyons and Schweitzer (2021), who noted that Gen Z prefer collaboration and values mutual support, particularly in adapting to the uncertainties of modern life. A Gen Z women will provide her toddler with a tablet loaded with educational apps designed to teach basic reading, math, and problem-solving skills. They will set up a routine where child spends 60 minutes a day engaging with interactive digital learning tools that promote early literacy and numeracy to prevent digital harm (Budayová, Ludvigh Cintulová, 2023, 2025).

Helicopter parenting, a style marked by excessive parental involvement and control, has been studied extensively in relation to its effects on child and adolescent development. Baumrind's foundational work on parenting styles provided a backdrop for understanding helicopter parenting as a unique form of control that differs from authoritative, authoritarian, or permissive approaches.

Research shows that helicopter parenting can have mixed effects on young adults, both fostering a sense of entitlement and dependency, as well as impacting communication and emotional resilience. For instance, Segrin and colleagues (2012) explored how helicopter parenting shapes entitlement and poor communication skills, while Padilla-Walker and Nelson (2012) distinguish it from other forms of control, focusing on its impact on autonomy and psychological adjustment. Nelson and co-authors (2015) found that its effects vary depending on the presence of warmth and psychological control, which can either mitigate or exacerbate its consequences. Ludvigh Cintulová (2022) also discussed how overparenting fosters entitlement and dependency, further shaping the emotional health and behavior of young adults. Together, these studies highlight how helicopter parenting, while sometimes rooted in parental warmth and concern, can hinder healthy development and independence in emerging adults.

The parenting philosophies of Generation Z women highlight a significant shift from traditional parenting models. This generation places a strong emphasis on equipping their children with the skills necessary to navigate real-world challenges, showcasing a proactive approach to parenting. Gen Z women prioritize open discussions about tough topics to prepare their children for real-world challenges. This is consistent with research by Bielak, Majda et al (2016) and research by Roubalová, Králik, Kondrla (2021) showing that younger parents tend to favor transparency and honesty in their communications with children. This aligns with the belief that children who are informed about the complexities of life are better prepared to handle adversity. Moreover, studies such as those conducted by Shulman and Kipnis (2020) reveal that discussing difficult issues openly fosters emotional intelligence and resilience in children. The trend of moving away from physical discipline among Gen Z parents is reflected in wider societal changes regarding child-rearing practices. Research by Budayová, Svoboda et al. (2022) and Pavlíková et al. (2023) indicates that non-physical forms of discipline—such as reasoning and emotional support—lead to more positive outcomes for children's behavior and mental health. This sentiment is echoed in Gen Z's preference for building trust and mutual respect rather than employing strict disciplinary

measures. Furthermore, a study by Datelinka et al. (2022) emphasizes that parenting characterized by trust and understanding contributes to a more secure attachment (Beňo, Juhásová, Samohýl, 2019).

As members of Generation Z enter parenthood, their unique upbringing as digital natives, combined with their diverse backgrounds, significantly influences their parenting styles and priorities. Growing up in a racially and ethnically diverse environment, Gen Z parents are more likely to embrace inclusive and equitable parenting practices (Barkasi, Kenderešova, 2021, 2023). They understand the importance of representation and strive to create environments where their children can appreciate diversity and learn about different cultures from an early age (Ludvigh Cintulová, Beňo et al., 2023). This inclusivity reflects their own experiences growing up in a multicultural society, shaping their expectations and aspirations for their families (Kenderešova, 2021).

Moreover, Gen Z's status as the most educated generation yet suggests a strong emphasis on the value of education and lifelong learning. These generation prioritize educational development for their children, often integrating digital tools and resources into their parenting approaches (Ludvigh Cintulová, Beňo, Juhásová, 2019, 2023). For instance, they recognize the role of technology in their children's learning experiences, utilizing educational apps and online resources that cater to various learning styles (Ludvigh Cintulová, Budayová, Oláh, 2024). This approach not only fosters cognitive skills but also encourages children to navigate the digital world confidently (Čakarová et al., 2025).

Additionally, having grown up with smartphones and social media, Gen Z parents are likely to adopt a different perspective on communication and connection. They value open dialogue with their children and prefer to discuss challenging topics honestly, utilizing their digital literacy to research and share information effectively compare to previous generation who has lack of digital skills (Ludvigh Cintulová, Budayová, 2022, p.2; Laca et al., 2024). This tendency to embrace transparency aligns with their broader goal of preparing their children to navigate a complex, rapidly changing world. This is especially vital in a time when children may be struggling with their feelings of loss, and social media can sometimes amplify those feelings rather than provide comfort. Parents need to balance the benefits of social media as a support mechanism with the risks associated with exposure to negative or overwhelming content (Tkacova et al., 2023; Barkasi, Bárta, 2024).

Conclusion

In summary, the intersection of Gen Z's diverse backgrounds, educational pursuits, and digital nativity shapes a new parenting paradigm that emphasizes inclusivity, education, and open communication. As they redefine parenting norms, Gen Z not only seeks to equip their children with the skills needed for future success but also fosters an environment where diversity and adaptability are celebrated. The racial and ethnic diversity of Generation Z plays a crucial role in shaping their parenting styles. By embracing inclusion, open dialogue, and multicultural traditions, these parents aim to raise children who are not only prepared for a diverse world but also equipped to contribute positively to it. As they navigate the challenges of parenthood, Gen Z's unique experiences and perspectives will likely lead to a generation of children who value diversity and empathy in their interactions with others.

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