

Are You A Distracted Parent?

Overly permissive, less involved parenting exposes children to greater risks for physical, emotional and psychological harm. A child needs consistent nurturing, structure and protection. Too little of each and a child may become withdrawn and anxious with a greater chance of substance abuse.

Providing the basics such as shelter, food and clothing is not enough. Paying close attention and showing affection toward your child will help them grow up healthy.

Tips on how to find the balance between permissive and controlling parenting include:

- ▶ **Allow your child age appropriate freedom but know who they are with and where they go. Establish a curfew and enforce it.**
- ▶ **Reduce stress so you can allow time to focus on your child.**
- ▶ **Respect your child's need for your love and guidance.**
- ▶ **Develop and monitor routines for such activities as homework, bathing and chores.**
- ▶ **Set academic expectations for schoolwork and monitor progress. Communicate with your child's teacher regularly.**
- ▶ **If feeling overwhelmed, ask for help from family, friends and church members.**

The care, custody and control of your child is one of the most complex and important jobs you can do. **Stay involved.**



Are You A Helicopter Parent?

Parents who hover over their children or “over-parent” risk raising a child who is less likely to feel confident and independent. Constantly interfering in your child’s school and social life can leave them angry and unsure about making decisions.

Doing things for them, like homework, can decrease motivation and increase dependency and anxiety. Shielding your child from failures or adversity deprives them from learning how to meet life’s challenges.

Tips on how to find the balance between controlling and permissive parenting include:



Respect your child’s ability to solve their problems.



**Allow your child to make and learn from their mistakes.
Encourage reasonable risks.**



**Set appropriate academic standards for your child, and
maintain respectful relationships with teachers.**



Refrain from micromanaging their schedules.



Teach them how to deal with difficult people and situations.

Give your child space to learn and grow.

