

- Child development

Parenting styles and their impact on children

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WHAT overprotection says to children:

- ◆ You are not really capable and need all the help you can get.
- ◆ Something is missing or wrong inside you, and you'll never survive this rough world without vigilant oversight and extra help.
- ◆ Someone is always watching out for you and picking up for you, so there's no need to grow up.
- ◆ Your community will always rescue you.

What under-protection says to children:

- ◆ You are not worthy of love or protection.
- ◆ Something is missing or wrong inside you, so fight off anyone who may see it or find out.
- ◆ You are alone and in the way.
- ◆ A community, if you find one, can use you and turn on you.

What healthy parenting says to children:

- ◆ You are treasured and capable and will sometimes need help and encouragement.
- ◆ Every day you are becoming better prepared to be a fully functioning and loving adult.
- ◆ You are whole and have everything it takes to face life's many and beautiful challenges.
- ◆ Every day, little by little, you need adults less and less because you can do more and more for and by yourself.
- ◆ Your community loves you and expects you to achieve and become all you ever wanted to achieve and become.
- ◆ The world is yours, and we want you to go to it.