

THE MANY SHADES OF FEAR-BASED PARENTING - PART 1

"Trustful parenting is thrown off course, in various ways, when fear prevails"



Trustful parenting

Written by: Psychology Today

Trustful parents allow their children as much freedom as reasonably possible to make their own decisions. They trust their children's instincts, judgments, and ability to learn from mistakes. Trustful parents do not try to guide their children's development; they trust their children to guide their own development. They support, rather than guide, by helping children achieve their own goals when such help is requested and needed. Trustful parenting is the most natural and least stressful form of parenting, for both parent and child. Trustful parents are not afraid of life, and they are not irrationally afraid for their children's lives.

The enemy of trustful parenting is fear, and, unfortunately, fear runs rampant in our society today. It runs rampant not because the world is truly more dangerous than it was in the past, but because we as a society have generated dangerous myths about dangers. Fear-based parenting comes in various shades:

- **Helicopter Parenting:** parents who are overprotective and, more generally, over-involved in their children's lives.
- **Snowplow Parenting:** Instead of just hovering around to help them through the obstacles of life, snowplow parents smash down the obstacles. This is protective parenting on steroids. These are parents who use their wealth, status, and inflated sense of privilege to clear the path for their children.
- **Fuel-Injector Parenting:** They are not so concerned with removing barriers for their children as they are with injecting their children with what they regard as the sorts of motives and attitudes that they (the parents) perceive as necessary to navigate this frightening world. In particular, they are hooked on the idea that life is fundamentally a competition, like a race, to be won or lost.
- **Tiger Parenting:** It describes a ferocious, hard-driving parenting style. Tiger parents, like snowplow parents, seem also to put great stock in the outward appearance of success, but their method of trying to ensure such appearance is the opposite of snowplow parenting. Instead of removing obstacles for their children, they create obstacles and then browbeat their children to surmount them.

To be continued....