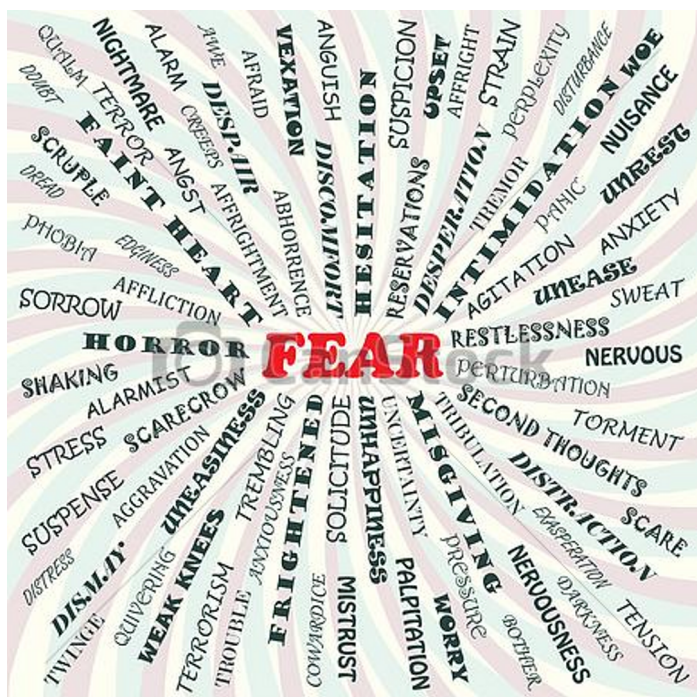


# THE MANY SHADES OF FEAR-BASED PARENTING - PART 2



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By Psychology Today

Continuing with the last article, fear-based parenting comes in various shades:

**Defensive parenting:** All of us are naturally concerned about others' judgments of us, and defensive parenting is aimed at reducing negative judgments about their parenting. It is hard to do what you think is right if most other people in your life think it is wrong. They say things like, I know that my children are mature enough to walk to school or play in the park by themselves, but I am afraid of being accused of negligence—by my relatives and neighbors if not by the police—if I do allow that freedom.

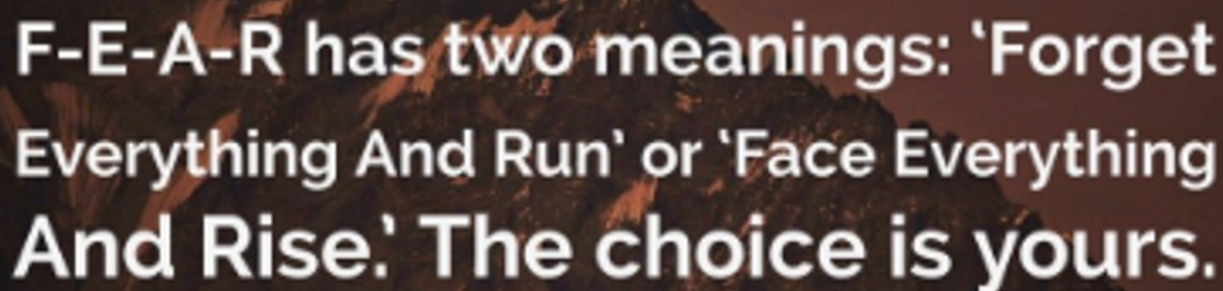


As a conclusion, first, let me be clear that I am not Pollyannaishly, saying that there is nothing to fear in this world. Of course there are dangers; and of course it is natural for parents to be concerned about those dangers and want to protect their children from them. But we do not do our children a favor by letting our exaggerated fears of dangers constrict our children's lives in ways that remove their joy and disempower them so they don't develop the coping skills needed to deal with actual dangers. We do well when we teach our children about realistic dangers and help them think of ways to cope with them.

Second, let me be clear that by trustful parenting I do not mean completely permissive parenting. e as parents have an obligation to be sure that our children understand that other people have rights, not just they, and that our children do not have permission to interfere with other people's rights. There are certain rules by which we all must abide.

Usually in trustful families the children come naturally to understand and abide by such rules, partly through the good examples of their parents; but this does not always happen, and in such cases parents need to enforce those rules.

And finally, I urge readers not to see this post as blaming parents. What we need is not more blame but more enlightenment, and that is what we are trying to foster through let children grow.



**F-E-A-R has two meanings: 'Forget Everything And Run' or 'Face Everything And Rise.' The choice is yours.**