

How Involved Should Parents Be?

Most of us have read at least one media post referencing “helicopter” or “snowplow” parenting. As involved and caring parents, how do we support our children in facing difficult issues without overstepping? Especially when, out of concern for our child’s feelings or future prospects, we can be tempted to intercede on their behalf.

Dr. Tim Elmore, who writes and speaks regularly on raising resilient and independent teens, reminded us in a recent post, [How Involved Should Parents Be in Their Child’s Education?](#), that the foundation of effective parenting has not changed, even while technology and complex social issues have raised anxiety. Today’s teens continue to seek reassurance that (1) they are unconditionally loved, and (2) their parents believe they are capable, if imperfect, problem solvers.

Through collaboration with the important adults in their child’s life, parents can communicate the consistent message that mistakes are natural and personal growth (and self-esteem) are achieved through self-reflection and ownership of errors made.

For more in-depth discussions of how to parent with these values front and center, we recommend two books by Wendy Mogel, Ph.D., *The Blessing of a B-* (2010) and *Voice Lessons for Parents: What to Say, How to Say It, and When to Listen* (2020). These books and others on related topics are available through our Guidance Department Library.

The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.

shs.westportps.org/departments/guidance/staples-resilience-project