

MENTAL HEALTH NEWSLETTER

--Nicole Ooms, Licensed School Social Worker, (219) 956-3143 ext. 2038

Data and parenting blogs cannot replace your judgement. Using your knowledge and experience to create a healthy combination of parental involvement and child independence, personalized to your child's needs, is the best way to parent.

Free-range parenting is a parenting style that encourages children to be independent and make their own choices with limited parental supervision.

THE BENEFITS OF AGE APPROPRIATE INDEPENDENCE

- Experience and learn to react to failure
- Develop problem solving skills and the ability to better regulate their own emotions
- Increase social development
- May build confidence in kids*
- May increase creativity*

*Studies have not yet been done to verify this claim.

Free-range parenting has been criticized for being overly permissive, but proponents of the style argue that their children are taught the skills and discipline they need to function without constant supervision.



SCAN HERE FOR MORE INFORMATION ON
THIS MONTH'S TOPIC
[HTTPS://LINKTR.EE/NICOOMS](https://linktr.ee/nicooms)

Helicopter parenting (aka intensive parenting) is a parenting style where parents are overly involved and protective of their children, generally putting far more value on the child's needs, than their own.

THE BENEFITS OF INTENSIVE INVOLVEMENT

- More able to guard children from risk and failure
- May provide a stronger understanding of child's needs, wants, and strengths*
- May instill a stronger sense of discipline*
- Potentially stronger parent-child attachment*

*Studies have not yet been done to verify this claim.

Helicopter parenting has been linked to a decrease in mental well-being (i.e. anxiety, depression, life dissatisfaction, and emotional dysregulation) as adolescents transition into adult life.



INDEPENDENCE INVENTORY: WHAT CAN YOUR TEEN DO?

- | | | |
|----------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Meal plan, grocery shop | <input type="checkbox"/> Know when and where to get oil changed in their car | <input type="checkbox"/> Get and keep a job |
| <input type="checkbox"/> Make dinner for the family | <input type="checkbox"/> Clean bathroom, vacuum, sweep, mop, dust | <input type="checkbox"/> Advocate for themselves |
| <input type="checkbox"/> Manage personal finances | <input type="checkbox"/> Wash, dry, and fold laundry | <input type="checkbox"/> Plan a day trip with friends |
| <input type="checkbox"/> Memorize their social security number | <input type="checkbox"/> Understand and recall family medical history | <input type="checkbox"/> Know what to do if they are in a minor car accident |
| <input type="checkbox"/> Check tire pressure and fill tires with air | <input type="checkbox"/> Schedule their own appointments (haircut, dentist) | <input type="checkbox"/> Call a customer service line if there is any issue, such as a billing issue |