

Parenting Approaches and the Messages They Convey

[Adapted from *Successful College Parenting* by Kay Kimball Gruder...Page Cvelich, Teen/College Program Manager, SAS Work/Life Department]

	RESCUE APPROACH	UNSOLICITED ADVICE APPROACH	CRITIC APPROACH	WORRIER APPROACH	ORGANIZER APPROACH	COACH APPROACH ★
<i>It Sounds or Looks Like...</i>	"I'll /handle/call/do x, y, z for you..." [Okay in a crisis but, even then, step back as soon as you can.]	"You really should..."	Your comments focus on what is wrong rather than what is right	You hear yourself adding doubt to your student's desire to try new things or experience challenges	You wake your student daily; keep a calendar of his/her assignments, or send daily reminders	You listen more than you advise. You ask good questions & you let your student experience cause and effect
<i>The Message Conveyed is...</i>	You are not capable.	You don't know enough. You don't have enough experience. [CAUTION: have you first learned what they already know?]	You are not adequate. You are not good enough.	You can't handle it yet. You are not ready.	You aren't responsible.	You are capable. You can handle it. I trust you. You are responsible. Mistakes are a natural part of growth.
<i>Possible Consequences Are...</i>	You deny your student the chance to gain skill and confidence in handling life.	Your student could get in the habit of deferring to you & stop expecting to have to exert much energy to solve own problems. Student often "tunes you out". Student finds it difficult to take ownership of the success or failure.	Student might distance him/herself from you. Student can feel greater dissatisfaction with life. Student can shut down emotionally.	Student might doubt his/her abilities and not take on appropriate risks or challenges. Student may decline to share important issues to avoid perpetuating your sense of worry.	Student is deprived of important life lessons about personal responsibility & time management. If learning disabled, student is denied chance to develop systems that work for him/her.	Student will gain critical life skills & experience while having a "safety net". Parent will grow in confidence about student's ability to handle life. ...but it does take time & patience to develop skill in this. 😊
<i>Instead...</i>	Ease away as soon as you can after the crisis.	Brainstorm options. Get permission first!	Notice the positive. Listen more. Critique together.	Choose to discover how well your student is prepared to handle life.	Help student discover resources and other support systems.	

