## WHAT PARENTS CHOOSE FOR THEIR CHILDREN

**PLEASE LOOK AT YOURSELF GENTLY TO SEE WHAT YOU WANT TO DO.**

### THERAPEUTIC PARENTING
- Parents choosing to show their children how to heal from wounds and become everything they can become developmentally.
- **In my family every problem is an opportunity to learn and grow.**
- **I can create choice structures and hand out consequences.**
- **When I take a Parent Time Out I end up with more results and more authority.**
- **I try to supervise my children until they prove repeatedly that they can handle a little more freedom.**
- **I try to consequence promptly for most poor choices without anger, judgementalness or attitude.**
- **My spouse (partner or co-parent) and I try to work as a team with each other and the school staff.**
- **Fair is important but accepting consequences is more important.**
- **When my child lies I need to take a time out so I don’t take it personal, then I treat it like any other poor choice and provide a consequence.**

### REGULAR GOOD PARENTING
- Parents choosing to show their children how to maintain the process of development.
- **Our family has problems.**
- **I want to parent without frightening or shaming or giving in to my kids but I know I do sometimes.**
- **I try not to be angry when I provide a consequence. It works better.**
- **I try to supervise my children all the time.**
- **We usually keep things pretty clear but I know my kids manipulate us sometimes.**
- **I get confused when my child says I am being unfair. I’m not sure what to do.**
- **I take it personal when my child lies. I feel like a bad parent. I feel like my child is being bad. I’m not sure what to do.**

### PROBLEM PARENTING
- Parents choosing moderate developmental consequences for their children.
- **My children have problems.**
- **I can get my child to do things. I just raise my voice, scare him/her a little or I’m extra nice to them or I give them what they want and they do it.**
- **Time outs are for children.**
- **My children shouldn’t have to worry.**
- **Nobody can tell me how to parent my child.**
- **I get frustrated and mad whenever my children don’t mind. They know what will happen. It seems like they argue with me all the time and they don’t mind.**
- **I feel confused when my child says I am being unfair. I’m not sure what to do.**
- **When my child lies its the worst mistake they can make. I ground them for a month. I just want to give up when my child lies.**

### DANGEROUS PARENTING
- Parents choosing extreme developmental consequences for their children.
- **My child is the problem.**
- **I can get my child to do whatever I want.**
- **Time outs are for children.**
- **Life is not safe. Get used to it.**
- **My children better mind or they will get kids.**
- **My child better never lie to me.**
- **My child is a liar.**

---

**Skagit Family Study Center**

© January 2005 All Rights Reserved, Chuck Britt and Connie Bonner-Britt

[http://www.selftimeout.com](http://www.selftimeout.com)  [http://www.selftimeout.org](http://www.selftimeout.org)  chuck@selftimeout.org  connie@selftimeout.org