



# What Is Your Parenting Style?

It could be said that parents come in four flavors, depending on what they value most. The most common difference is between those parents who are concerned about a child's performance, and those who are concerned about a child's self-esteem. What's your style, and are you willing to adjust your style?

## **The Tiger Parent**

Parents who are primarily concerned with performance (high grades, sport victories, music recital placements, drama reviews, etc.) behave in a way that sends the message: "You are how you perform." A heavy emphasis on what you do and how well you do it signals a child that you're more valuable on the days you perform well than on the days you don't. A child in this environment assumes that love is received in direct proportion to performance.

## **The Helicopter Parent**

Parents who are primarily concerned with self-esteem (a judgment of self-worth and worthiness) behave in ways that send the message: "You are what others say you are." These children receive a heavy bombardment of praise and adoration disconnected from performance or effort. A child in this environment becomes dependent on the opinion of others and can have an inflated sense of self-worth or entitlement.

## **The Supplier Parent**

Believe it or not, some parents are not concerned about their child's self-esteem or their performance. These parents are more self-absorbed and view parenting as an assignment that has more to do with supplying the basic needs of food, shelter, and educational opportunities. The message is "You are a circumstance for me to manage." A child in this environment is generally starving for meaningful attention.

## **The Hero Parent**

The final option is a unique intersection of a parent's concern about performance and an equal concern about self-esteem. The Hero Parent views performance as an outcome of competency, which will come naturally when a child chooses to work hard (effort). High levels of self-esteem are a by-product of appropriate praise earned from making great efforts! The underlying message in this environment is a question: "How good do you want to be at this?"





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## Discussion Guide for Parent and Athlete

1

Which of the four styles have you demonstrated most often? How have you done this? (Words & actions)

2

What changes are you willing to make to be more Hero-like in your daily words and actions?