PARENT OR PEERENT?

Children don’t need their mother or father to be their friends. They need them to be their parents.

Parents make hard choices whereas friends will take the easy way out.

Parents want to be loved and respected whereas friends want to be popular and liked.

Parents help kids feel safe, whereas friends just want to have fun.

Both are important for family functioning, but it is only adults who feel confident enough to step into their parenting role that can provide the safety that kids need.

Here are five ways to ensure you are a parent and not a peerent.

1. Use an authoritative approach that mixes firmness with warmth and be willing to take children’s ideas on board.

2. Identify important rituals that bring your family together.

3. Conduct regular family meetings to give children a voice in the family.

4. Get help when you are not coping or feeling overwhelmed.

5. Learn ways to bind your family together so they think ‘we’, not ‘me’.

Lead your family wisely.

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