

Box 57. Parenting Strengths and Weaknesses

◆ **Strengths**

- **Emotionally warm** – positive emotional tone
- **Supportive** – reassuring, attentive, encourages independence; helps with homework; involved in school activities
- **Affectionate** – can express and receive physical and verbal affection
- **Communicates clearly**– age-appropriate language, encourages verbal exchange with child, seeks to clarify child statements, shows understanding of child emotional states
- **Adequate monitoring and safe environment**
- **Effective discipline**
 - Firm
 - Consistent
 - Positive – rewards, praise
 - Verbal controls – time-outs, deprivation of privileges, explanation and reasoning
- **Respectful towards child** – avoids interrupting, criticizing in front of child's friends, humiliating inadvertently
- **Age-appropriate expectations**
- **Emotionally healthy**
 - Avoids display of intense negative emotions in front of child
 - Avoids exposing child to parental conflict
 - Clear boundaries – not dependent on child, puts child's needs first, no role reversal
 - Organized – consistent coping style
- **Promotes other parent's relationship with child**