



PARENTING – by Marney W. DeFoore, LCSW-S

While we need a license to drive a car, we require no formal training whatsoever in order to become a parent. What a joy though to have the responsibility of raising your own child. It is in fact a joy for some. For others, parenting is no joy at all. Without question parenting is one of the most challenging responsibilities in life. For many, parenting grows more and more dynamic as the years pass.

A parenting skills assessment can create the road map for empowering parents who wish to learn the skills necessary to nurture their child or children. I hold the philosophy that responsible parenting equips children to be self-sufficient in every area. Otherwise, although the child grows chronologically, he or she is likely to continue to rely on others (i.e. parents) in unhealthy ways. In other words, the child has grown older without growing up. He or she has never been left to take personal responsibility.

Granted, we all need a little “help” from time to time. The key in healthy parenting is to ensure that the help offered to the child (or anyone else for that matter) is truly helpful. The litmus test for this is to establish responsibility and capability.

A person matures to the extent they are first well-equipped and second released to take responsibility for their own needs. Parents actually create problems when they continue to do things for their adult children beyond the point at which the son or daughter becomes capable and responsible for his or her own needs. These actions take the shape of unspoken messages that play inside the psychology of the adult child.

Through years of training, application and practice I have developed a parenting skills assessment designed to empower individuals and families.

- Parents – Stop the unhealthy patterns of doing for children what the children need to become responsible to do for themselves.
- Children – Take responsibility for and become capable at becoming the adult you choose to be.
- Adult Children – Stop the unhealthy reliance on others, take responsibility for yourself, give yourself permission to grow up and create a plan to get started

Today is the time to begin. Call today to begin your personal process of letting go, growing up, or both!

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