

Helicopter Parents

What is iQ: smartparent?

iQ: smartparent is an Emmy-winning multimedia television and web series designed for parents that will empower them with new knowledge, tools, and abilities to successfully guide their children through the changing landscape of digital media and technology. It's a growing community of caregivers, national experts, educators, and parent bloggers who want to understand the opportunities and challenges of media as it relates to the development of their children. *iQ: smartparent* was created by WQED Multimedia in 2012.

About this Episode

This important episode of *iQ: smartparent* explores the crucial distinction between “parenting” and “over-parenting.” Experts reveal some of the most common well-intentioned – but *damaging* – mistakes parents make; and they explain how so-called “helicopter parenting” can lead to a child who struggles to adjust to school and social environments; and who does not build the necessary coping mechanisms to deal with daily challenges and disappointment. Learn how to achieve a healthy balance between “helping” and “helicoptering,” and parenting strategies to raise resilient and self-sufficient kids.

Discussion Questions

1. Why do you think parent sometimes become helicopter parents?
2. How does your family define success? Does this definition serve as a motivator or as a stressor?
3. What are some ways you can help your children become more independent?
4. Can you identify a time when you have been a helicopter parent? Brainstorm some ways you can change that scenario into one where you are being supportive of your child rather than “doing for” them.
5. What are some controlled experiences you have in place for your child that can help them develop resilience? For example, sports, art, science labs, etc.

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About the Guests



David Tabatsky is a writer, editor, and performing artist, based in New York City. His memoir, *American Misfit*, was released in 2017. He is the co-author of several books about cancer, including *Rx for Hope*, *Reimagining Women's Cancers* and *Reimagining Men's Cancers*, *The Cancer Book: 101 Stories of Courage, Support and Love* and the author of *Write for Life: Communicating Your Way Through Cancer*. He coauthored *The Intelligent Divorce*, *The Wright*

Choice: Your Family's Guide to Healthy Eating, Modern Fitness and Saving Money, and was consulting editor for Marlo Thomas and her New York Times bestseller *The Right Words at the Right Time, Volume 2: Your Turn*. David has performed as an actor, clown and juggler, at Lincoln Center, Radio City Music Hall, the Beacon Theatre and throughout the United States and Europe, most notably at the Edinburgh Fringe Festival, where THE STAGE wrote, "He is a supremely skillful performer and fine actor, reaching levels no other comics have matched at this Fringe." Please visit www.tabatsky.com



Dr. Rueben Brock is an assistant professor of psychology at California University of Pennsylvania. He is also a licensed counselor in private practice. He is a 20-year veteran of the mental health field and has spent most of that time working in mental health and drug & alcohol treatment. Dr. Brock's research focuses on issues related to Black culture and particularly Black students. Brock is also the host of a web show, *House Call with Dr. Rueben Brock*, which focuses on health and wellness issues, parenting, and issues related to adolescents.



Dr. George Glass is a medical doctor, a psychiatrist, and a specialist in addiction disorders. He has been a Clinical Associate Professor of Psychiatry at 3 different medical schools, has written over 30 papers and 2 books, and is one of the few physicians in the country who evaluate pilots for all the major airlines, the FAA, and the Airlines Pilot's Association. He has done forensic consultation as an expert witness around the country, and has dealt with adolescents, young adults, and adults who have had entitlement, maturational, and substance abuse

issues. More importantly, he and his wife have a blended family of 5 children with his (1), hers(2), and ours(2) who are all independent, and successful, as well as 5 grandchildren. In his free time he skis, fishes, works out, bike rides, reads, and spends time with his family.

Online Resources

Sesame Street Resilience www.sesamestreet.org/toolkits/challenges

Resilience Booster: Parent Tip Tool www.apa.org/topics/parenting/resilience-tip-tool

Is it safe to post pictures of my kid online? www.common sense media.org/privacy-and-internet-safety/is-it-safe-to-post-pictures-of-my-kid-online

Posting About Your Kids Online Could Damage Their Futures
www.forbes.com/sites/jessicabarone/2018/12/16/parents-who-post-about-their-kids-online-could-be-damaging-their-futures/#a63768a27b71

The Overparenting Epidemic: Why Helicopter Parenting Is Bad for Your Kids... and Dangerous for You, Too! By George S. Glass, M.D. and David Tabatsky
www.amazon.com/Overparenting-Epidemic-Helicopter-Parenting-Dangerous/dp/1628737301

SRI International: Promoting Grit, Tenacity, and Perseverance: Critical Factors for Success in the 21st Century www.sri.com/publication/promoting-grit-tenacity-and-perseverance-critical-factors-for-success-in-the-21st-century/

American Psychological Association: Helicopter Parenting May Negatively Affect Children's Emotional Well-Being, Behavior
www.apa.org/news/press/releases/2018/06/helicopter-parenting

What's Wrong with Helicopter Parenting
<https://childmind.org/article/whats-wrong-with-helicopter-parenting/>

National Institutes of Health: The Upside of Helicopter Parenting: Engaging Parents to Reduce First-Year Student Drinking www.ncbi.nlm.nih.gov/pmc/articles/PMC5088779/

What are the Positive Effects of Helicopter Parenting?
<https://cyberparent.com/parenting/positive-effects-helicopter-parenting/>

Psychology Today: The 3 Different Kind of Helicopter Parents
www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201802/the-3-different-kinds-helicopter-parents

Why It's Important for Kids to Be Resilient
www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/the-importance-of-resilience-for-kids-with-learning-and-thinking-differences

Harvard Center on the Developing Child: Resilience
<https://developingchild.harvard.edu/science/key-concepts/resilience/>

Psychology Today: Helicopter Parenting and College Students' Increased Neediness
www.psychologytoday.com/us/blog/freedom-learn/201510/helicopter-parenting-college-students-increased-neediness

Basic Life Skills Your Student Needs Before Going To College
<https://collegeparents.org/2019/03/07/basic-life-skills-your-student-needs-before-going-to-college/>

Harvard Medical School: When Too Much Help Is No Help
www.health.harvard.edu/parenting-issues/helicopter-parenting-when-too-much-help-is-no-help

Why helicopter parenting can be a sign of privilege
www.todaysparent.com/family/parenting/why-helicopter-parenting-can-be-a-sign-of-privilege/

Helicopter Parents: How Teachers Can Bring them Back Down to Earth
<https://education.cu-portland.edu/blog/classroom-resources/helicopter-parents-teachers/>

How Parents Are Robbing Their Children of Adulthood
www.nytimes.com/2019/03/16/style/snowplow-parenting-scandal.html

The four cultural shifts that led to the rise of the helicopter parent.
www.businessinsider.com/the-rise-of-the-helicopter-parent-2015-7

Are Helicopter Parents Driving Grade Inflation?
www.tenneschool.com/are-helicopter-parents-driving-grade-inflation/

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