Today’s piece was prepared by Jonathan Awori, MD, based on a CBS News story [How “Helicopter Parenting” Can Impede a Child’s Development](https://www.cbsnews.com/news/how-helicopter-parenting-can-impede-childrens-development/).

The article references a recent study in the journal, *Developmental Psychology,* which explored the relationship between such “helicopter parenting” (an excessively controlling style of parenting) and specific social, emotional and academic outcomes, finding an association between exposure to “helicopter” parenting at age 2 and negative outcomes at age 5 and age 10. Outcomes included decreased emotional regulation, worse teacher-reported social skills, and poorer academic performance. The article makes the overarching point that children who are not given autonomy to make their own mistakes and create their own solutions are ultimately less adaptable, an impairment that can then persist into teenage years and ultimately into adulthood.

The article makes a convincing case for adjusting micro-managing parenting approaches that may hinder the development of important adaptive skills in children. By referencing a study in which “helicopter” parenting is systematically observed (in this case, the degree of parental control of activities in a simulated play environment), the author helped to frame the behavior such parenting involves. The argument would have been more convincing for parents had the author explicitly acknowledged that the *intentions* of “helicopter parenting” may be sound, while making the point that this approach can be counterproductive. However, the author *is* careful to note that the findings represent an association, not necessarily a cause-and-effect relationship. Going beyond the study to engage an expert, Psychology professor Jean Twenge, was a useful extension of the author’s investigation. The professor made the claim that teenagers today often seem “unprepared for the challenges of approaching adulthood”, an assertion that would have benefited from supporting evidence. Importantly though, the article draws a distinction between hands-off parenting and a thoughtful loosening of the reins.

**RESOURCES ON PARENTING:**

[Parenting styles](http://www.devpsy.org/teaching/parent/baumrind_styles.html) *Diana Baumrind’s Description of 3 Prototypical Parenting Styles: Permissive, Authoritarian, and Authoritative*

And that’s today’s Developmental-Behavioral Pediatrics: IN THE NEWS!