

# Listening 2 Children

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## Are you a "Helicopter Parent" OR an "Airport Parent"

I was sent an article recently via the internet entitled, "Helicopter Parents". The article refers to helicopter parents as those who "HOVER" over their children. The article was mainly referring to parents of college students.

Here are a couple of descriptions of "hovering" parents from the article I was sent. (I'm sorry to say there was no mention of who wrote the article.) The article referred to college-aged children, however, it could also apply to parents of younger children too.

"You feel bad about yourself if your child does not do well. If you consider schooling an experience involving both parent and child, then you probably view your child's accomplishments, or lack thereof, as a reflection on you. Helicopter parents base their own self-worth on their children's success. If you feel like a failure when your child fails, you are hovering."

"You make your child's academic decisions. If you are choosing courses, majors, and a career path for your child, then you are too involved. Giving advice or input is certainly acceptable and warranted, but being in control of these types of decisions is a sure sign of hovering. On that note, if you ever find yourself doing research or writing a paper for your child, you are definitely a helicopter parent."

As I was reflecting on the article, I realized that a parent who "HOVERS" doesn't just happen over-night. They must begin being like that when their children are small.

Following are a few examples of how I think a "Helicopter parent" might act with younger children.

Reminding the 2-3 year old numerous times throughout the day to be careful and not fall.

- Choosing clothes for the 7 year old to wear daily
- Constantly reminding the 10-12 year old to practice his/her flute lesson

Always asking the high school teen who he/she is talking to on the phone The article went on to discuss the negative effect of Helicopter parenting:

No matter what the motive is though, the results of doing so are negative for everyone involved. Harmful effects of helicopter parenting include the following:

Helicopter parents seem to be stunting their children's maturation... With their parents always ready to step in, kids are failing to learn accountability and responsibility.

### Parents feel more anxiety.

Research indicates that helicopter parents' mental health is suffering. One study released by the Society for Research in Child Development in Atlanta states that parents who judge their own self-worth by their children's accomplishments report sadness, negative self-image, and diminished contentment with life in general."

This article lead me to thinking of the 'bigger picture'. I think that an "Airport Parent" might better serve the needs of children. An "Airport Parent" would step back from the immediate situation and explain to their child the 'rules' that govern the operation of the airport or better still have conversations about the rules. They might even exchange ideas on how the rule/guidelines could be improved.

Children like to see the 'bigger' picture of what is taking place and they really like to be part of the creation of everything that is going on.

Christina Borges, a Forestville resident and parent of three children, shared this with me:

"Helicopter parents can create their worst fears through hovering, crippling and controlling the lives of their children, causing discontentment as a way of living. Kids then learn to be not at giving and the JOY of life becomes plain and mundane without independence to be able to move on."

One example of an "Airport Parent" would be the parent who would have a discussion with their 10-12 year old about a school project their child was working on and listen to the child's ideas for the project, without 'taking over' and telling the child how to execute the project. And at the same time, they would be willing to drive the child to a store to purchase needed materials.

Next month, I'll continue this article and share more ideas about "Airport Parenting".

If you'd like a copy of the original article: Helicopter Parent's, please contact me via email and I will send it to you.

# The Movie Library

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# Cinema Chatter

By Joan Garverick



I can think of no better way to bid adieu to Jack Valenti than to urge you to rent my documentary pick this month **This Film is Not Yet Rated**. This 2006 documentary takes a close look at the Motion Picture Association of America which Mr. Valenti was the president of for an astonishing 30 years! Director Kirby Dick interviews actors and directors like John Waters (Hairspray) Wayne Kramer (The Cooler) and Darren Aronofsky (Requiem for a Dream). These people tell the tale of getting an R for restricted rating for a movie and what they have to change or cut or both for a PG parental guidance rating. They reveal how big studios films are allowed a wink and a nod towards a PG rating and the struggle Independent directors have to get a decent rating. I also found it fascinating how much violence is condoned and in some cases encouraged and how little sex is allowed. Especially same sex or a woman enjoying the experience. There are also lots of clips of sex from many movies recent and older. This is an entertaining and informative documentary that will give you food for thought next time you watch a movie.

My second video pick is a sumptuous period piece **The Painted Veil**. Adapting a Somerset Maugham novel the story takes place in China during the 1920's. Naomi Watts plays Kitty a bored young woman who impetuously marries Dr. Walter Fame (Edward Norton), who is a microbiologist. When a Cholera epidemic is discovered in a remote area the doctor decides to take his wife with him and to take the scenic route too. Once there they are befriended by Toby Jones who is the local diplomat Weddington. The cinematography is big and beautiful. There are love affairs, secrets, sickness, politics and some violence. The story is told at a leisurely pace, well acted and

beautifully filmed on location in China. Writer Ron Nyswener did a lovely job adapting this story and director John Curran has created a movie reminiscent of the sweeping sagas of the past.

Finally I want to recommend **Notes on a Scandal**. Like the ad says one woman's mistake is another's opportunity. This tightly woven screenplay is the story of two teachers. Barbara is the tight lipped spinster who is a judgmental and lonely history teacher. Sheba is the new, young, free spirited and smiling art teacher (Cate Blanchette). Barbara is attracted to Sheba and senses how lonely Barbara is. Barbara is invited to Sheba's home for lunch there she meets the husband (Bill Nighy) and her two children. Sheba opens her home and her mind to Barbara. The seemingly simple ties of friendship develop into leaden ropes that threaten everyone involved with these women. This story is like no other. The acting is beyond superb; Ms. Blanchette is lit like an angel. Director Richard Eyre pulls you in and takes you for quite a ride in a succinct Spartan fashion. This is one gut wrenching drama.

The staff at The Movie Library in Forestville will be glad to help you with these movies and any other you might be interested in.

Happy Viewing