



CHAPTER 6

Finding the balance

Control or freedom?

One of the things parents sometimes worry about is how much to control their children, and how much freedom to give them.

A certain amount of control by the parent or carer makes children safe and secure, helps them learn to discipline themselves, and teaches them important lessons about how to behave. We can provide all this by setting firm limits, which we discussed in chapter 5.

If we control children too much however, we are likely to end up with fights on our hands, for we're not giving them enough space to be themselves and do things their way.

Not allowing a young child to run free in the park, for example, might be too much control, and they could feel very restricted. But letting them to run out of sight where they might get into danger could be too much freedom.