



Do You Know Which
Parenting Mentalities
are Shaping Your
Reactions to Your
Children?

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Power and Control Mindset

*"It's my job to teach my kid
that I am the boss"*

This mentality is based on a dominance view of relationships. It values compliance over connection. It over-emphasizes structure and control and under-emphasizes connection and co-regulation.

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Behavioral Mindset

"It's my job to get you to act correctly"

This mentality places its highest value on how a child performs or achieves. It over-emphasizes structure and under-emphasizes connection and co-regulation.

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Permissive Mindset

*"It's my job to give you what
you want"*

This mentality places its highest value on keeping a child comfortable. It under-emphasizes structure and over-emphasizes indulgence and the influence of a child's wants.

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Helicopter Mindset

"It's my job make sure you never get hurt"

This mentality places its highest value on preventing suffering. It over-emphasizes protection focused-structure and under-emphasizes connection, exploration, and is anxiously intrusive.

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Secure Attachment Mindset

*"It's my job to give you
the nurture and structure
you need to feel both loved and
capable "*

High nurture, and high
structure= socially, emotionally
and functionally secure kids

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Most of us have pieces of all of these mentalities inside our brains as we have absorbed them through different parts our upbringings and the general cultural messages around us about parenting.

The goal is to move away from mentalities that over-emphasize parts of what our children need from us and ignore other important factors, and move towards a secure mentality that keeps our focus on creating both the nurture and connection our children need from us, as well as the structure and boundaries.

Remember this: Our job is to be a safe haven for our children to use for regulating their bodies and getting support, AND a secure base they can then use to launch out into the world as they develop. No one does this perfectly. There is room for imperfection as long as you repair and return to connection when you realize you've moved out of a secure mentality.