Health Highlights | Lighthouse parenting (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

THE CHAOTIC WORLD WE LIVE IN CAN OFTEN HAVE PARENTS SCRATCHING THEIR HEADS ABOUT THE BEST WAY TO RAISE THEIR CHILDREN. SOME ARE TURNING TO A CONCEPT CALLED LIGHTHOUSE PARENTING.

ACCORDING TO EXPERTS – LIGHTHOUSE PARENTING COMBINES IMPORTANT TRAITS SUCH AS NURTURING… LOVING AND PROTECTING WHILE GIVING THEIR KIDS SPACE TO GROW AND LEARN ON THEIR OWN.

Victor Mendoza, behavioral health provider, OSF HealthCare | TAKE SOT

"[It's like] a regular lighthouse that guides the ships from one place to another. That's how it is with parenting. Just being there for your child and helping them get through difficult times. Sometimes [parents can] step in when they need to, and sometimes they let them try things out."

MENDOZA SAYS LIGHTHOUSE PARENTING FALLS BETWEEN TWO OTHER STYLES – HELICOPTER PARENTING AND FREE-RANGE PARENTING. FOR EXAMPLE -- A HELICOPTER PARENT MIGHT STAND WITH THEIR CHILD ON THE TEE-BALL FIELD – HELPING HIM OR HER GET TO THE BALL OR RUN TO THE RIGHT BASE. A LIGHTHOUSE PARENT MIGHT GIVE SOME GUIDANCE BEFORE THE GAME – AND WATCH THE ACTION FROM THE SIDELINES.

WITH TODAY'S HEALTH HIGHLIGHTS… I'M TIM DITMAN.)>>