

Soundbite script – Providing a light for our children

Victor Mendoza, behavioral health provider, OSF HealthCare

"[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." (:17)

Victor Mendoza, behavioral health provider, OSF HealthCare

"With lighthouse parenting, it allows your children a little bit of freedom. Obviously, you don't want to completely leave them in the dark and have them figure things out by themselves and not provide any sort of support. But just knowing when you have to step in and when you have to step back." (:22)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Letting them fail. Letting them learn from their mistakes. And allowing them to see if they can figure it out on their own. Having that dance with them in a way that we're going to move a little and we're going to step in a little bit. Sometimes we're going to move back a little bit. Just follow your gut." (:21)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Lighthouse parenting is not like this strict set of rules that you have to follow. It's like a guideline that you can incorporate into your parenting to help you be a more active parent or a more lighthouse parent and be there for your child." (:17)

Victor Mendoza, behavioral health provider, OSF HealthCare

"It takes some time to practice and get used to it. So just be patient with yourself as a parent. Don't beat yourself up if you didn't get it right, or you felt like you didn't do a good job. That's what lighthouse parenting teaches you – learning from our mistakes and allowing yourself to engage in that lighthouse parenting and do it as best as you can." (:28)