



NURTURE		
	Abuse <small>avoid</small>	Abuse hurts the body and the soul. It is contact gone wrong. But it is contact. Some children have run away from foster homes where they were ignored and returned to a parent who beat them. They say, "At least the old man (or woman) knows that I'm alive."
	Conditional Care <small>avoid</small>	Conditional care has a price tag. "I'll care for you if... (you take care of me, make me look good, be quiet, etc.)"
	Assertive Care <small>do</small>	This is the care we give because the parent decides what the child needs and provides it. (Clothing, food, safety, loving touch, etc.) "Dinnertime!"
	Supportive Care <small>do</small>	Supportive care is the care that we offer when a child is able to do a task for herself. "Do you want help or do you want to do that by yourself?" Supportive care is never offered unless I'll do it myself is safe and okay with the parent.
	Overindulgence <small>avoid</small>	Overindulgence does things for the child that he should be doing for himself. It provides too much, too soon, too long. "You can have all the toys you want."
	Neglect <small>avoid</small>	Neglect is probably the most harmful because the parent doesn't acknowledge or provide for the child's needs in any way. "Don't bother me."

STRUCTURE		
	Rigidity <small>avoid</small>	Rigidity ignores the developmental needs of the child and can never be changed. It's for the comfort of parents, often to cover fear. "My way or the highway!"
	Criticism <small>avoid</small>	Programs children to fail by name-calling and using discouraging words like always and never. Sarcasm and ridicule are forms of criticism. "You idiot!"
	Nonnegotiable Rules <small>do</small>	For the welfare of the child as well as for the rest of the family and can be re-written when needed. They provide safety and teach compliance. They set the limits that help children learn the difference between wants and needs. They also set the limits that help children learn about how much is enough. "You must follow this rule!"
	Negotiable Rules <small>do</small>	Used to teach responsibility and thinking skills. They are based on nonnegotiable safety issues or on family values. "How can we make this work for all of us?"
	Marshmallowing <small>avoid</small>	Teaches the child to be irresponsible. It is the way parents give in and give too much. It is a form of overindulgence. "You don't have to follow the rules today."
	Abandonment <small>avoid</small>	Probably the most damaging as it offers no structure at all. Parent is absent physically or mentally or emotionally. "I'm out of here!"

How Much Is Enough?
Meeting 1
Handout #12