

It is for your own good! Child, Parent, and Relational Predictors of Helicopter Parenting



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NorthJersey.com
Out of the way, helicopter parents: Bulldozer parents mow down their child's every obstacle

10 Warning Signs That You Might Be a Helicopter Parent (And How to Stop)

by *Malinda Carlson*

The Bad News About Helicopter Parenting: It Works

New research shows that hyper-involved parenting is the route to kids' success in today's unequal world.



By Pamela Druckerman
Contributing Opinion Writer



The real reason behind the rise of helicopter parenting

By Jenny Anderson • February 14, 2019

top Washington Post

College admissions scandal: Even if you could give your kid everything, should you?

What Is Helicopter Parenting?

Confused about how to be an involved parent without smothering your kids? Here's how to tell if you're a helicopter parent, along with expert advice to curb the hovering.

Helicopter parenting is the only way to Keep Kids Safe on the Internet

The dangers online for kids are very real. It's time parents took a paranoid note from helicopter parenting and hovered over their kid's screen time.

By Patrick A. Coleman Aug 23 2019, 4:41 PM

5 Ways Helicopter Parents Can Affect You

92,445 views • Published on Aug 2, 2018



Psych2Go
2.35M subscribers

Bayless

Can Pushy Parenting Lead to Successful Kids?

221,065 views • Published on Aug 7, 2014



ABC News
6.62M subscribers

Are Helicopter Parents Ruining a Generation?

277,459 views • Published on Apr 11, 2018



The Atlantic
376K subscribers



Hara Estroff Marano
Nation of Wimps

Helicopter Parenting—It's Worse Than You Think

Oh no... parents have now invaded graduate school on behalf of their "children."

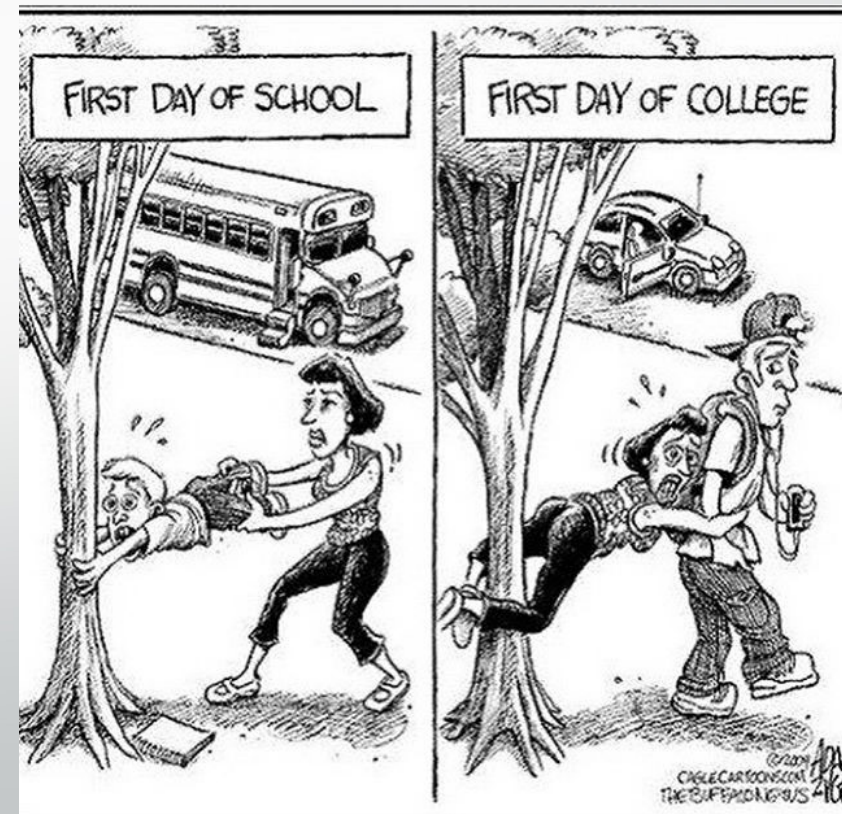
Introduction to Helicopter Parenting



- Helicopter Parenting: When parents do for children what they should developmentally be able to do for themselves (Hunt, 2008; Padilla-Walker, Son, & Nelson, 2019)
- In emerging adulthood, linked with
 - Lower academic functioning (Luebbe et al., 2018; Padilla-Walker & Nelson, 2012)
 - Less stable peer relationships (van Ingen et al., 2015)
 - Lower overall well-being (Bradley-Geist & Olson-Buchanan, 2014; LeMoyne & Buchanan, 2011; Luebbe et al., 2018; Rousseau & Scharf, 2015; Schiffrin et al., 2014)
- My family

Stability and Change

- What do we know about helicopter parenting over time?
 - Not much...
- What do we know about other forms of control
 - Tends to decrease with age (Keijsers & Poulin, 2013)
 - Except for specific subgroups of parents (Rogers, Padilla-Walker, McLean, & Hurst, 2019)
- IS THE SAME TRUE OF HELICOPTER PARENTS???
- What are the general trends in helicopter parenting?
- What individual differences might be associated with a deviation from those trends?



Predictors of Helicopter Parenting

- Why do parents helicopter?
- Are there child factors which elicit helicopter parenting?
 - Lack of child self-regulation (Cui et al., 2018; Segrin et al., 2013)
 - Child anxiety or depression (LeMoyne & Buchanan, 2011)
 - Child risk behaviors (Nelson et al., 2015; Reed et al., 2016)
 - Academic success (Ashdown & Faherty, 2015; Lowe et al., 2015)
- Are there parent factors which predict helicopter parenting?
 - Parental emotional dysregulation (Bayer et al., 2006; Munich & Munich, 2009)
 - Parental warmth (Nelson et al., 2015) or desire to shield child from failure (Burke et al., 2018)
- Are there situational factors which increase the likelihood of helicopter parenting
 - Living at home (Bradley-Geist & Olson-Buchanan, 2014)



Hypotheses

- Helicopter Parenting would decrease during emerging adulthood
 - Mothers would engage in higher levels of helicopter parenting than fathers
 - Daughters would receive more helicopter parenting than sons
- Child
 - Maladaptive indices of adjustment would elicit helicopter parenting
- Parent and Relational
 - Living with a parent
 - Psychological control
 - High quality relationship

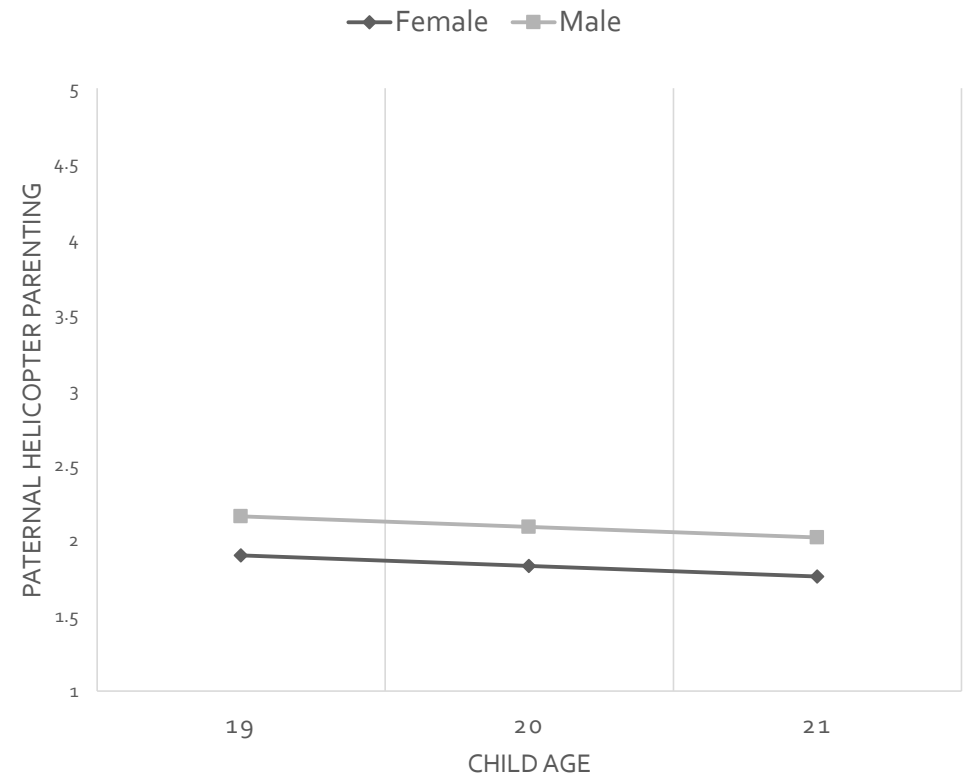
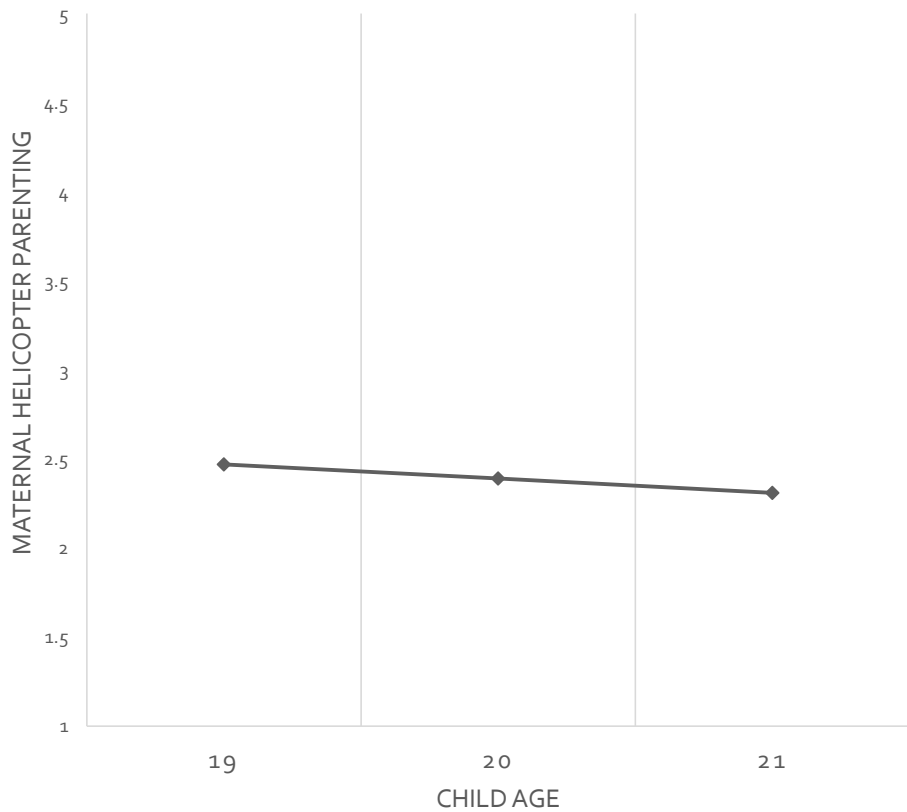
Sample



FLOURISHING FAMILIES PROJECT
Survey of Family Life

- Used the emerging adult years from a larger 10-year Longitudinal Project
- Participants included 453 emerging adults
 - Northwestern United States
 - Ages 19-21
 - Race
 - 67% European American
 - 11% African American
- Income per year
 - 18% Less than \$40,000
 - 48% Between \$40,000 and \$100,000
 - 34% More than \$100,000
- At age 19, 74% Attending college or Technical school
- 57% reported living with parents

Stability and Change



Predictors of Helicopter Parenting

† $p < .08$, * $p < .05$, ** $p < .01$, *** $p < .001$.

	Mother Helicopter Parenting		Father Helicopter Parenting			
	-	-	Young Women		Young Men	
	Intercept	Slope	Intercept	Slope	Intercept	Slope
	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)
Male	.06 (.10)	-.03 (.07)	-	-	-	-
Single Parent	.22 (.13)	.17 (.16)	-.05 (.14)	.14 (.17)	-.05 (.14)	.14 (.17)
Living With Parent	.24 (.10) [†]	-.02 (.08)	.11 (.09)	.06 (.08)	.11 (.09)	.06 (.08)
College	.05 (.11)	-.08 (.08)	-.12 (.12)	.10 (.09)	-.12 (.12)	.10 (.09)
Self Regulation	-.12 (.12)	.07 (.08)	-.14 (.11)	.02 (.09)	-.14 (.11)	.02 (.09)
School Engagement	-.12 (.12)	-.02 (.08)	-.14 (.10)	.01 (.08)	-.14 (.10)	.01 (.08)
Depression	-.06 (.09)	.13 (.06)*	-.02 (.08)	-.02 (.06)	-.02 (.08)	-.02 (.06)
Externalizing	-.07 (.16)	-.24 (.11)*	.47 (.23)*	-.39 (.17)*	-.17 (.20)	.24 (.14)
Video game addiction	.04 (.02)	-.01 (.02)	.01 (.03)	-.02 (.02)	.09 (.03)***	-.02 (.02)
Parental warmth	.25 (.07)***	-.08 (.05)	.26 (.06)***	-.12 (.05)*	.26 (.06)***	-.08 (.05)
Psychological control	.29 (.06)***	-.02 (.04)	.16 (.06)*	.06 (.06)	.16 (.06)*	-.11 (.06) [†]
Relationship quality	.12 (.07) [†]	.02 (.04)	.14 (.07)*	.03 (.05)	.14 (.07)*	.03 (.05)



Main takeaways

- Helicopter parenting tends to decrease between ages 19 and 21.
- Helicopter parenting is a complex process involving child, parent, and relational predictors.
- Fathers' helicoptering may look different for sons and daughters

Discussion & Future Directions

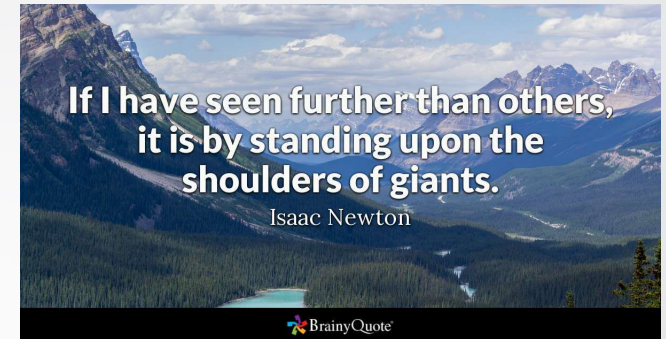


- Becoming an adult is a process
- Parental involvement MATTERS
- Parents should not be overly controlling
- Parents should support emerging adults 'adult-ing'
- Examine the line between support and intrusiveness
- Refine model of child, parent, and relational predictors
- Subpopulations and cultures?



- Larry Nelson
- Laura Padilla-Walker
- SSEA

Thank you



- All of you for researching helicopter parenting and building a basis for our hypotheses.
- For questions email:
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