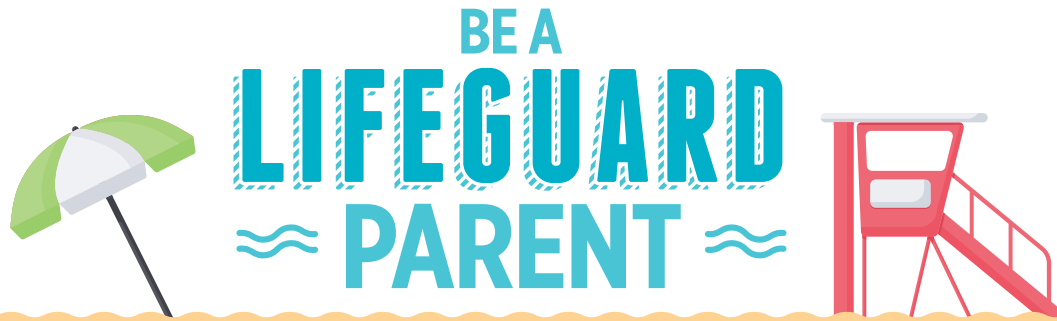


BE A LIFEGUARD PARENT






It's good to let children test their limits during play. Being a lifeguard parent means to provide vigilant care*, a parenting approach that allows children to develop an understanding of risk and the confidence to manage it.



Open Attention




No signs of possible danger

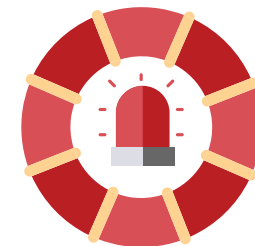
-  Express caring interest
-  Avoid interfering
-  Trust that your child is able to manage the risks at hand



Focused Attention





Some signs of possible danger

-  Check if your child is aware of possible risks
-  Ask how they plan to manage the risks
-  Decide if your child is aware of and comfortable with managing the risks



Active Protection

Unacceptable risk level

-  Intervene
-  Take steps to reduce the risks
-  Use language that is empowering to the child
-  Avoid making them feel weak or powerless

 YES  NO 

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*Omer (2011)