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How parents deal with their children's problems: A typology of strategies.

When children get over and over into trouble with other children, have problems at school or act "somehow difficult," parents try to find solutions to help them. Sometimes these solutions work, but sometimes not, and parents end up running out of ideas. Based on a qualitative study with parents who brought their children for examination to a psychiatric clinic, I will propose a typology of parent's strategies for dealing with their children's difficulties. While some tend to contact medical doctors and professional counseling services as soon as the difficulties arise, others try out a broad range of strategies focused not only on the child's behavior, but also on their own parenting skills. These differences are closely connected to features such as self-confidence, as well as to various social and interpersonal dimensions. I will here describe four different types of parenting strategies and discuss some possible practical consequences.