



The Top Ten Parenting Myths

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(These topics are addressed more fully in **Real World Parenting** classes.)

1. Parenting should come naturally, especially if I had good parents.
2. Whenever my child misbehaves, it means I am a bad parent.
3. I can be my child's friend.
4. If I explain to my child why I want him to comply with my request, he will understand.
5. When I become more consistent and set new boundaries, my child will respond right away.
6. If I say I'm going to do something, I have to follow through, even if I realize I overreacted.
7. My child has been diagnosed with _____ (ADHD, ADD, bipolar disorder, depression, etc.) and is incapable of controlling his behavior and acting responsibly.
8. Children should never see their parents disagree or argue.
9. I must allow my child to participate in any and every extra-curricular activity he desires so that he will be fully actualized and complete. I must spend hours taking him to these activities and pay for all equipment, supplies, etc.
10. When my child reaches the age of 16, I must furnish him a car and pay the insurance and maintenance. If he wrecks the car due to careless or irresponsible behavior, I must buy him a new one.
 - a. My child will act responsibly when he is behind the wheel of a car even if he is acting irresponsibly otherwise by being noncompliant, disrespectful, dishonest, passive-aggressive/aggressive or involved in alcohol and drug use.

Unrealistic Expectations Children Develop When Parents Believe These Myths

1. I do not have to act responsibly because someone will keep me from experiencing consequences for my poor choices.
2. I am entitled and my needs are more important than those of others.
3. I am in control and have power equal to or greater than my parents or other authority figures.
4. It is not OK to disagree or have conflict/It is OK to direct my anger at others.
5. My mental or physical illness leaves me incapable of controlling my behavior and acting responsibly. No one should expect anything from me.
6. Rules or boundaries do not apply to me.
7. I am not capable of thinking for myself.
8. If I can't be perfect, I must look perfect.

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