IF YOU HAD CONTROLLING PARENTS HOW TO MAKE PEACE Online PDF

if you had controlling parents how to make peace

Growing up with controlling parents can be a challenging and emotionally taxing experience. Such parenting styles often lead to feelings of resentment, low self-esteem, and a sense of powerlessness. However, finding inner peace and establishing a healthier relationship with your parents?or simply learning to cope?are achievable goals. This article offers comprehensive guidance on how to make peace with controlling parents, focusing on understanding their behavior, setting boundaries, practicing self-care, and fostering personal growth.

Understanding Controlling Parenting

What is Controlling Parenting?

Controlling parenting involves exerting excessive authority over a child's decisions, behaviors, and life choices. It often manifests as micromanagement, criticism, guilt-tripping, or emotional manipulation. While some controlling behaviors stem from concern, they can become harmful when they suppress a child's independence and self-expression.

The Impact on Children

Children raised by controlling parents may experience:

- Low self-esteem and confidence
- Anxiety and stress
- Difficulty making decisions independently
- Strained or tense relationships with parents
- Challenges in establishing personal boundaries later in life

Why Do Parents Become Controlling?

Understanding the motives behind controlling behavior can foster empathy:

- Fear of losing control or authority

- Anxiety about the child's future
- Cultural or societal expectations
- Personal insecurities or unresolved issues
- Lack of awareness about their parenting style

Acceptance and Self-Reflection

Acknowledge Your Feelings

The first step toward making peace is to recognize and validate your emotions. Whether it's anger, frustration, sadness, or confusion, allow yourself to feel these emotions without judgment.

Reflect on Your Relationship

Consider:

- How has controlling behavior affected your self-esteem?
- What patterns do you notice in your interactions?
- Are there specific triggers that escalate conflicts?

Practice Self-Compassion

Remind yourself that your feelings are valid, and it?s okay to seek peace. Avoid blaming yourself for your parents? actions; instead, focus on what you can control?your reactions and boundaries.

Establishing Healthy Boundaries

Why Boundaries Matter

Boundaries protect your emotional well-being and help define the limits of your relationship. They enable respectful interactions and reduce feelings of being overwhelmed or controlled.

How to Set Boundaries

Follow these steps:

- **Identify your limits:** What behaviors are unacceptable? For example, unsolicited opinions on your choices or invasion of privacy.
- **Communicate clearly:** Use calm, assertive language to express your boundaries. For example,

"I appreciate your concern, but I need to make my own decisions."

- **Be consistent:** Reinforce boundaries consistently to avoid confusion.
- **Prepare for resistance:** Understand that some parents may push back. Stay firm and respectful.

Examples of Boundaries to Consider

- Limiting frequency and topics of conversation
- Deciding which personal information to share
- Respecting your independence and decision-making
- Maintaining privacy in your living space or personal life

Effective Communication Strategies

Using Assertive Communication

Assertiveness helps express your needs without aggression or passivity. Techniques include:

- Using "I" statements (e.g., "I feel overwhelmed when...")
- Maintaining eye contact and a calm tone
- Listening actively to understand their perspective

Managing Difficult Conversations

Tips for smoother interactions:

- Choose appropriate times for discussion
- Stay focused on your feelings and needs
- Avoid blaming or criticizing
- Agree to revisit the topic later if emotions run high

Recognizing When to Disengage

Some topics may lead to conflict or emotional distress. It?s okay to:

- Take a break from conversations
- Politely excuse yourself

- Seek support from a therapist or counselor

Building Self-Esteem and Personal Autonomy

Developing Your Identity

Focus on:

- Pursuing hobbies and interests
- Setting personal goals
- Cultivating friendships and social networks

Practicing Self-Care

Prioritize activities that nurture your mental and physical health:

- Regular exercise
- Mindfulness and meditation
- Journaling your thoughts and feelings
- Seeking therapy or support groups

Reinforcing Your Independence

Gradually take more responsibility for your choices, such as:

- Managing your finances
- Making career decisions
- Living independently if possible

Seeking External Support

Professional Help

A therapist or counselor can assist in:

- Processing complex emotions
- Developing coping strategies

- Improving communication skills

Support Groups

Connecting with others who have similar experiences can:

- Reduce feelings of isolation
- Share practical advice
- Offer validation and understanding

Building a Support Network

Surround yourself with people who respect your boundaries and encourage your growth.

Practicing Forgiveness and Letting Go

The Role of Forgiveness

Forgiveness is about releasing resentment, not excusing harmful behavior. It can:

- Lighten emotional burdens
- Promote inner peace
- Allow you to move forward

Steps Toward Forgiveness

- Acknowledge your pain
- Understand your parents? possible motives
- Decide to let go of grudges
- Seek closure through dialogue or personal reflection

Letting Go of the Need for Approval

Recognize that seeking approval from controlling parents may be futile. Focus on self-approval and self-acceptance instead.

Maintaining Peace in the Long Term

Regular Self-Check-Ins

Periodically assess your emotional state and boundaries. Adjust as needed to maintain peace.

Practicing Patience

Change takes time?for yourself and your parents. Be patient with the process.

Celebrating Progress

Acknowledge and celebrate small victories, such as asserting a boundary or choosing your own path.

Final Thoughts

Making peace with controlling parents is a journey that involves understanding, boundary-setting, self-care, and sometimes, acceptance. While you cannot change your parents? behavior, you can change how you respond and how much power you give their control. Remember that your well-being is paramount, and seeking support is a sign of strength. By practicing these strategies, you can foster a healthier relationship with your past and create a more peaceful, autonomous future.

Controlling Parents: Strategies to Make Peace and Reclaim Your Autonomy

Navigating the complex landscape of family dynamics can be challenging, especially when dealing with controlling parents. For many individuals, the presence of overbearing or authoritarian parenting styles can lead to feelings of frustration, helplessness, and emotional exhaustion. However, there is hope. With strategic approaches rooted in understanding, communication, and self-care, you can foster peace within yourself and potentially improve your relationship with controlling parents. This comprehensive guide explores expert-backed methods to make peace with controlling parents, offering practical steps, psychological insights, and compassionate advice.

Before diving into solutions, it?s essential to understand what drives controlling behaviors in parents. Recognizing the underlying motivations can foster empathy and inform your strategies for peace.

The Psychological Foundations of Control

Controlling parents often exhibit behaviors rooted in various psychological factors, including:

- Fear and Anxiety: Concern over your safety, future, or moral development may lead parents to

micromanage. They may project their fears onto you, believing that control equates to protection.

- Unmet Needs: Some parents may have experienced neglect or a lack of authority in their own upbringing, leading them to overcompensate by exerting control over their children.

- Cultural or Societal Expectations: In certain cultures, obedience and deference are highly valued, making controlling behaviors prevalent and normalized.

- Insecurity and Low Self-esteem: Controlling parents might seek validation through dominance, perceiving their authority as a reflection of their worth.

Understanding these factors doesn?t excuse controlling behaviors but provides context, fostering compassion and patience as you work toward peace.

Strategies to Make Peace with Controlling Parents

Achieving peace with controlling parents involves a multifaceted approach. It requires setting boundaries, improving communication, managing emotional reactions, and cultivating resilience. Below, we explore these strategies in depth.

1. Establish Healthy Boundaries

Boundaries are essential to maintaining your emotional well-being and asserting your independence. Setting boundaries with controlling parents is often challenging but necessary.

Steps to Establish Boundaries:

- Identify Your Limits: Reflect on what behaviors are unacceptable or triggering. These could include unsolicited advice, invasive questions, or attempts to dictate your choices.

- Communicate Clearly and Calmly: Use ?I? statements to express your needs. For example, ?I feel overwhelmed when you ask about my personal relationships. I?d appreciate if we could discuss other topics.?

- Be Consistent: Reinforce boundaries consistently. If a boundary is crossed, gently remind your

parents of your limits and assert your stance.

- Use Non-verbal Cues: Sometimes body language or tone can reinforce your boundaries, such as maintaining eye contact or a firm voice.

- Implement Physical or Temporal Boundaries: Limiting visits or phone calls when you need space can help prevent emotional exhaustion.

Lists of Boundaries to Consider:

- Privacy regarding personal life, finances, or relationships
- Autonomy in decision-making about career, education, or lifestyle
- Limits on unsolicited advice or criticism
- Emotional boundaries to prevent guilt-tripping or manipulation

Challenges & Tips:

- Expect resistance or guilt-tripping; stay firm yet compassionate.
- Reinforce boundaries with gentle repetition if necessary.
- Seek support from friends, therapists, or support groups to stay committed.

2. Enhance Communication Skills

Effective communication can bridge gaps and reduce conflicts with controlling parents. It involves active listening, assertiveness, and emotional regulation.

Key Techniques:

- Use Calm and Respectful Language: Avoid escalation by keeping your tone even and respectful.

- Practice Active Listening: Show that you understand their concerns, even if you disagree. Paraphrase their statements: ?I hear that you?re worried about my future, and I appreciate your concern.?

- Express Your Perspective Clearly: Share your feelings and needs without attacking. For example, ?I understand your point, but I need to make my own choices to feel fulfilled.?

- Set Realistic Expectations: Recognize that changing family dynamics takes time. Be patient and consistent.

- Use ?I? Statements: Focus on your feelings rather than blaming. For example, ?I feel overwhelmed when I?m asked about my personal decisions.?

Role-Playing Exercises:

Practicing conversations with a trusted friend or therapist can prepare you for real interactions, helping you stay calm and articulate.

3. Manage Emotional Reactions and Cultivate Self-Resilience

Controlling parents can evoke strong emotional responses. Building resilience and emotional regulation skills is crucial to maintaining peace.

Strategies Include:

- Mindfulness and Meditation: Regular practice can help you stay grounded and reduce stress during challenging interactions.

- Develop a Strong Support System: Engage with friends, support groups, or therapists who validate your experiences and provide guidance.

- Practice Self-Compassion: Recognize that your feelings are valid. Avoid self-blame or guilt for your reactions.

- Limit Exposure When Needed: If interactions become too toxic or triggering, take breaks or limit contact temporarily.

- Reframe Negative Thoughts: Challenge catastrophic thinking by focusing on your agency and

strengths.

4. Seek External Support and Professional Help

Sometimes, making peace requires outside assistance. Therapy provides a safe space to explore feelings, develop coping strategies, and learn assertiveness skills.

Options for Support:

- Individual Therapy: Focused on personal growth, boundary-setting, and emotional healing.

- Family Therapy: When possible, involving your parents can improve mutual understanding, although this depends on their willingness.

- Support Groups: Connecting with others facing similar challenges can provide validation and practical advice.

- Educational Resources: Books, online courses, and workshops on family dynamics and assertiveness.

Building Inner Peace and Acceptance

While changing family dynamics is beneficial, cultivating inner peace is equally important. Acceptance doesn?t mean approval but rather acknowledging reality and choosing how you respond.

Methods to Foster Inner Peace:

- Practice Acceptance: Recognize your parents? controlling behavior without self-blame. Focus on what you can control?your reactions and choices.

- Engage in Self-Care: Prioritize activities that nurture your mental, emotional, and physical health.

- Develop Personal Goals: Focus on your aspirations independent of parental influence.

- Create a Personal Value System: Decide what principles guide your life, reinforcing your autonomy.

- Celebrate Small Wins: Each boundary set or peaceful interaction is progress worth acknowledging.

Conclusion: Embracing Peace and Autonomy

Dealing with controlling parents is undeniably complex, and achieving peace is a gradual process. It involves understanding their motivations, setting firm boundaries, improving communication, managing emotional responses, and seeking external support. Remember, your well-being is paramount, and cultivating inner resilience empowers you to navigate family dynamics more peacefully. While complete change in parental behavior may not always be possible, shifting your response and fostering self-compassion can lead to a more fulfilled and autonomous life. Embrace patience, persistence, and compassion as you forge your path to peace.

QuestionAnswer How can I establish healthy boundaries with controlling parents? Start by clearly communicating your feelings and needs calmly and respectfully. Set specific boundaries and consistently enforce them, reinforcing your independence while maintaining respect for your parents. What strategies can help me cope emotionally with controlling parents? Practice self-care, seek support from friends or a therapist, and develop mindfulness techniques to manage stress. Remind yourself that your parents' control doesn't define your worth or capabilities. How can I improve communication with controlling parents? Use 'I' statements to express your feelings without blame, listen actively, and choose calm moments to discuss concerns. Establishing open dialogue can foster understanding and reduce conflicts. Is it possible to change my parents' controlling behavior? While you can't change their behavior directly, you can influence the dynamic by setting boundaries, modeling healthy independence, and encouraging open, respectful conversations. Focus on what you can control?your responses. Should I seek therapy to deal with controlling parents? Yes, therapy can provide you with coping strategies, emotional support, and a safe space to process your feelings. It can also help you develop tools to establish boundaries and foster your independence. How can I build self-confidence despite controlling parents? Engage in activities that boost your self-esteem, set small achievable goals, and celebrate your independence. Surround yourself with supportive people who affirm your worth and capabilities. What are some practical steps to create peace in a relationship with controlling parents? Practice patience, maintain respectful communication, establish boundaries, and seek common ground. Remember to prioritize your well-being and seek external support if needed to navigate the relationship.

Related keywords: controlling parents, making peace, setting boundaries, parent-child relationship, emotional healing, communication strategies, conflict resolution, self-care, assertiveness, family therapy

medical leave letter from teacher to parents

Medical leave letter from teacher to parents is an essential communication tool that helps maintain transparency and ensure the continuity of a child's education during the teacher's absence due to health reasons. When teachers are unable to perform their duties because of medical issues, it's vital to inform parents promptly and professionally. This article provides a comprehensive guide on how to craft an effective medical leave letter from teacher to parents, emphasizing key components, tone, and best practices to foster trust and understanding.

Understanding the Importance of a Medical Leave Letter from Teacher to Parents

A medical leave letter from a teacher to parents serves multiple purposes:

- Informing parents about the teacher's health status and anticipated duration of absence.
- Ensuring students' educational needs are met by providing alternative arrangements or assignments.
- Maintaining open communication to foster trust and transparency.
- Providing reassurance to parents that their child's education remains a priority despite the teacher's absence.

Effective communication through such a letter minimizes confusion, helps parents plan accordingly, and reassures them that their child's learning will continue smoothly.

Key Components of a Medical Leave Letter from Teacher to Parents

When composing a medical leave letter from a teacher to parents, certain elements should be included to ensure clarity and professionalism:

1. Clear Subject Line or Opening Statement

- Clearly state the purpose of the letter, e.g., "Medical Leave Notification" or "Teacher's Medical

Absence."

2. Introduction

- Greet the parents politely.
- Briefly introduce yourself and your role.
- Mention the reason for writing the letter.

3. Explanation of the Medical Leave

- Specify the nature of the health issue (if appropriate and comfortable).
- State the expected duration of the leave.
- Mention the date of leave commencement and anticipated return date.

4. Impact on Student Learning

- Explain how the class or subject will be managed during absence.
- Provide information about substitute teachers or alternative arrangements.
- Offer details about how parents can support their child's learning during this period.

5. Contact Information

- Share your contact details if parents need to reach out.
- Include contact information of the substitute teacher or school administrative contacts.

6. Reassurance and Appreciation

- Reassure parents that their child's education will continue smoothly.
- Thank parents for their understanding and cooperation.

7. Closing

- Use a polite closing statement.
- Sign off with your name and designation.

Sample Medical Leave Letter from Teacher to Parents

Below is a sample template illustrating how to structure such a letter:

```plaintext

Subject: Medical Leave Notification

Dear Parents,

I hope this message finds you well. I am writing to inform you that I will be taking medical leave due to health reasons starting from [Start Date]. My estimated return date is [Return Date], and I will be unavailable during this period.

During my absence, [Substitute Teacher's Name] will be overseeing the class and ensuring that students continue to receive quality education. They are well-informed about the curriculum and will be available to assist students with their assignments and questions.

Please encourage your child to stay engaged with their homework and classwork, which will be shared by the substitute teacher. If you have any concerns or need to communicate regarding your child's progress, you may contact the school office or reach out to me via email at [Your Email Address], and I will do my best to respond when possible.

Thank you for your understanding and support during this time. I look forward to returning soon and continuing to work with your children.

Warm regards,

[Your Name]

[Your Position]

[School Name]

[Contact Information]

```

Best Practices for Writing a Medical Leave Letter from Teacher to Parents

To ensure your letter is effective, consider these best practices:

Maintain a Professional and Courteous Tone

- Use polite language and formal tone.
- Show appreciation for parents' understanding.

Be Clear and Concise

- Avoid unnecessary details.
- Clearly state dates and arrangements.

Provide Relevant Information

- Include details about substitute teachers or alternative arrangements.
- Offer ways for parents to reach out if needed.

Respect Privacy

- Share only information you are comfortable disclosing regarding your health.

Follow Up

- Send reminders or updates if the leave extends beyond initial estimates.
- Keep parents informed about any changes.

Additional Tips for Communicating with Parents During Teacher Absence

- Use Multiple Channels: Besides written letters, consider emails, school portals, or phone calls.
- Set Expectations Early: Inform parents as soon as possible to prepare for class adjustments.
- Coordinate with School Administration: Ensure that all communications align with school policies.
- Provide Resources: Share study guides, assignments, or online resources for students to work on at home.

- Encourage Feedback: Invite parents to ask questions or share concerns.

Conclusion

A well-crafted medical leave letter from teacher to parents is crucial for maintaining transparent communication and ensuring students' learning continues smoothly during the teacher's absence. By including essential components, adopting a professional tone, and following best practices, teachers can reassure parents and foster a collaborative environment. Remember, proactive communication not only reflects professionalism but also builds trust and confidence among parents, students, and school staff.

For teachers, preparing such a letter in advance or having a template ready can streamline the process during unforeseen health issues. Prioritize clarity, empathy, and professionalism to ensure your message is well-received and that your students' educational journey remains uninterrupted.

Medical Leave Letter from Teacher to Parents: Ensuring Clear Communication During Student Absence

In the realm of education, effective communication between teachers and parents is fundamental to supporting a child's learning journey. When a student?s teacher needs to take a medical leave, it becomes crucial to inform parents transparently and professionally. A well-crafted medical leave letter from teacher to parents not only conveys important information about the teacher?s absence but also reassures parents about the continuity of their child?s education. This article explores the purpose, structure, and best practices for writing a comprehensive medical leave letter from teachers to parents, ensuring clarity while maintaining a professional and empathetic tone.

The Importance of a Medical Leave Letter from Teacher to Parents

A medical leave letter serves as a formal communication tool that bridges the gap between teachers and parents during a period when the teacher is unavailable. Its significance lies in multiple aspects:

- Maintaining Transparency: Parents are kept informed about the teacher?s health status and the duration of their absence.
- Ensuring Continuity of Learning: The letter may outline plans for substitute teachers or alternative arrangements to keep the students engaged.
- Building Trust: Clear and empathetic communication fosters trust between educators and parents, reinforcing a collaborative approach to student welfare.
- Legal and Administrative Compliance: Proper documentation ensures that the school adheres to policies regarding staff absences, which may be necessary for administrative records and compliance.

Core Components of a Medical Leave Letter from Teacher to Parents

Creating an effective medical leave letter involves incorporating several essential elements. These components ensure the message is comprehensive, professional, and empathetic.

- Salutation and Opening Statement

Begin the letter with a respectful greeting addressing the parents directly. For example:

?Dear Parents/Guardians,?

Followed by a brief introduction to the purpose of the letter.

- Clear Explanation of the Leave

State explicitly that the teacher will be away due to medical reasons. Include:

- The reason for leave (e.g., health issues, recovery period).
- The expected duration of absence, specifying start and end dates.
- Any relevant context if appropriate, such as the need for rest or ongoing treatment.

- Assurance of Student Support and Learning Continuity

Parents are primarily concerned about their child's education. Address this by:

- Informing about the arrangements in place, such as a substitute teacher or alternative activities.
- Providing guidance on how students can continue their learning at home if applicable.
- Sharing contact details or instructions for parents to reach out if needed.

- Contact Information and Follow-up

Include contact details for further questions or concerns. Clarify how parents can communicate with the school or the substitute teacher.

- Expression of Empathy and Appreciation

Conclude with a message of understanding and gratitude, acknowledging the parents' support and cooperation during this period.

Sample Structure of a Medical Leave Letter from Teacher to Parents

Below is a typical outline that teachers can adapt to their specific circumstances:

Subject Line (for email correspondence): Medical Leave Notification for [Teacher?s Name]

Opening:

- Greet the parents.
- State purpose of the letter.

Body:

- Explain the reason for leave.
- Indicate the duration.
- Describe plans for student learning and management during absence.
- Offer contact details.

Closing:

- Express appreciation.
- Sign off with professional courtesy.

Best Practices for Writing a Medical Leave Letter from Teacher to Parents

To ensure your message is both professional and empathetic, consider these best practices:

- Be Concise but Informative: Avoid lengthy explanations but include all necessary details.
- Use a Respectful and Compassionate Tone: Show understanding of parents? concerns.
- Maintain Formality: Use professional language appropriate for school communication.
- Personalize When Possible: Address parents by name and mention specific class details.
- Provide Clear Instructions: If students need to complete assignments at home, specify deadlines

and resources.

- Follow Up: Offer opportunities for parents to ask questions or seek clarification.

Sample Medical Leave Letter from Teacher to Parents

Subject: Medical Leave Notification for Ms. Jane Doe

Dear Parents and Guardians,

I hope this message finds you well. I am writing to inform you that I will be unable to attend classes from March 10 to March 20 due to health reasons requiring medical attention and rest.

During my absence, Mr. John Smith, an experienced substitute teacher, will be taking over the classroom to ensure that your child?s learning continues smoothly. He is well-versed with our curriculum and will maintain the standards of instruction we uphold.

To support your child's ongoing education, I recommend reviewing the assignments posted on the school portal, which include reading exercises and homework tasks. Please encourage your child to complete these activities at their convenience, and do not hesitate to contact the school office or Mr. Smith at [contact details] if you have any questions.

I sincerely appreciate your understanding and cooperation during this period. I look forward to returning to class and resuming our learning journey soon.

Thank you for your ongoing support.

Warm regards,

Ms. Jane Doe

Grade 4 Teacher

[School Name]

[Contact Information]

Additional Tips for Teachers

- Timing is Key: Send the letter well in advance of your leave to allow parents ample time to prepare.

- Use Multiple Channels: Besides written communication, consider following up via phone calls or school meetings if necessary.
- Include Emergency Procedures: If relevant, remind parents of emergency contact protocols during your absence.
- Maintain Confidentiality: Share only necessary information related to your health and avoid overly personal details.

Conclusion

A well-constructed medical leave letter from teacher to parents is a vital communication tool that ensures transparency, supports continuous learning, and fosters trust. By clearly outlining the reason for leave, the duration, and the measures in place to support students, teachers can reassure parents that their child's education remains a priority despite temporary absences. Employing professional language, empathetic tone, and comprehensive information will help navigate these periods smoothly, reinforcing a collaborative educational environment. As schools and educators prioritize student welfare, effective communication remains the cornerstone of maintaining strong partnerships with parents, especially during unforeseen circumstances like medical leaves.

QuestionAnswer What should be included in a medical leave letter from a teacher to parents? The letter should include the teacher's name, the date, a clear statement about the medical leave, the expected duration of leave, any assignments or responsibilities that need to be managed during their absence, and contact information if needed. How can a teacher professionally notify parents about their medical leave? A teacher can notify parents via a formal written letter or email, clearly stating the reason for leave, the dates of absence, and reassurance about continuity of learning or alternative arrangements for students. Is it necessary to mention the specific medical condition in the leave letter? No, it is not necessary to specify the medical condition; a general mention of health issues or medical reasons is sufficient to inform parents of the absence. How should a teacher address concerns from parents regarding the leave? The teacher should acknowledge parents' concerns, provide reassurance about student progress, and offer alternative contact methods or support during their absence. What is the appropriate tone for a medical leave letter from a teacher to parents? The tone should be professional, respectful, and empathetic, conveying appreciation for parents' understanding and cooperation. When is the best time for a teacher to send a medical leave letter to parents? Ideally, the teacher should inform parents as soon as possible once the leave is confirmed to allow time for adjustments and planning. Can a teacher include instructions for homework or assignments in the medical leave letter? Yes, including details about pending homework, assignments, and how students can access resources or support during their absence is helpful. Should a medical leave letter be sent via email or printed paper? Both are acceptable; email provides quick delivery and easy access, while printed letters may be more formal and suitable for official communication. How can a teacher ensure the medical leave letter maintains confidentiality? By avoiding specific medical details and focusing on the absence notice, the teacher can respect

privacy while keeping parents informed.

Related keywords: medical leave letter, teacher to parents, absence notification, sick leave letter, school absence letter, teacher absence notice, parent notification letter, leave request letter, student absence explanation, teacher communication to parents

Read the full article online: MEDICAL LEAVE LETTER FROM TEACHER TO PARENTS