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#  Respectful Parenting vs. over parenting

# Section 1: Introduction

Parenting is the process of raising and nurturing a child from infancy to adulthood. It involves providing physical, emotional, and intellectual support and guidance to help a child grow and develop into a responsible and well-adjusted individual. Parenting encompasses a wide range of responsibilities and activities, including:

1. Providing basic care: This includes meeting a child's physical needs for food, clothing, shelter, and healthcare.

2. Emotional support: Parents play a crucial role in providing emotional support and creating a secure attachment with their children. This involves offering love, affection, and a sense of belonging.

3. Setting boundaries and discipline: Parents need to establish rules and boundaries to teach their children about appropriate behaviour and consequences. Discipline is an important aspect of parenting, but it should be done in a constructive and nurturing way.

4. Teaching and education: Parents are often responsible for their child's early education and helping them acquire essential life skills. This includes teaching values, ethics, and morals.

5. Providing guidance and role modelling: Parents serve as role models for their children, and they play a pivotal role in helping children develop a sense of identity, values, and beliefs.

6. Encouraging independence: As children grow, parents gradually encourage them to become more independent and self-reliant. This involves allowing children to make age-appropriate decisions and learn from their experiences.

7. Support during developmental milestones: Parenting involves supporting children through various stages of development, from infancy through adolescence. This includes assisting with milestones such as potty training, learning to read, and navigating adolescence.

8. Fostering a nurturing environment: Parents create the home environment in which their children grow and develop. A nurturing environment is one that is safe, loving, and conducive to learning and exploration.

9. Advocating for their children: Parents often advocate for their children's needs, whether it's in school, healthcare, or other areas. They ensure their children have access to the resources and opportunities they require.

Parenting styles and approaches can vary significantly from one family to another and can be influenced by cultural, societal, and personal factors. Effective parenting involves a combination of love, consistency, communication, and adaptability to meet the unique needs of each child. It's an ongoing and dynamic process that requires continuous learning and adjustment as children grow and develop.

# Section2: Parenting styles

Parenting styles refer to the general approaches and strategies that parents use to raise their children. These styles are based on the combination of parenting attitudes, behaviours, and disciplinary techniques. Psychologists have identified several common parenting styles, which can have a significant impact on a child's development, behaviour, and well-being. The four most widely recognized parenting styles are:

1. Authoritative Parenting: Authoritative parents are characterized by being both demanding and responsive. They set clear rules and boundaries but also provide warmth, support, and open communication. Authoritative parents encourage independence and individuality while maintaining a structured and nurturing environment. This style is often associated with positive outcomes in children, such as higher self-esteem, better academic performance, and well-developed social skills.

2. Authoritarian Parenting: Authoritarian parents are highly demanding and less responsive to their children's emotional needs. They establish strict rules and expect obedience without much room for negotiation.

 - Authoritarian parents may use punishment as a primary disciplinary method.

 - This style can lead to children with lower self-esteem, anxiety, and rebellious behaviour, but they may excel in areas where compliance is crucial.

3. Permissive Parenting:

 - Permissive parents are lenient and indulgent, often avoiding strict rules and discipline.

 - They are typically very responsive to their children's emotional needs and desires.

 - Permissive parents may avoid setting limits, which can lead to issues with self-control and responsibility in children.

 - Children raised with permissive parenting may struggle with boundaries and exhibit behavioural problems.

4. Uninvolved (Neglectful) Parenting:

 - Uninvolved parents are characterized by low levels of both demandingness and responsiveness.

 - They may provide basic physical care but lack emotional involvement and support.

 - These parents may be preoccupied with their own concerns or simply disengaged from their children's lives.

 - Uninvolved parenting can have serious negative effects on a child's emotional and social development, leading to feelings of neglect and low self-worth.

It's important to note that these parenting styles are not rigid categories, and most parents exhibit a mix of these styles to varying degrees. Additionally, cultural and individual factors can influence parenting styles. The authoritative style is generally considered the most balanced and effective, as it combines structure with emotional support and encourages a healthy level of autonomy in children. However, the "best" parenting style can vary depending on the unique needs and temperament of each child, as well as the cultural and societal context in which they are raised.

# Section3: Responsive parents

Responsiveness of parents refers to their ability and willingness to meet the emotional, physical, and psychological needs of their children. It is a crucial aspect of effective parenting and can have a significant impact on a child's development and well-being. Here are some key elements of parental responsiveness:

1. Emotional Support: Responsive parents are attuned to their children's emotions and provide a safe and nurturing environment where children feel heard and validated. They offer comfort and empathy when their children are upset or distressed.

2. Physical Care: Parents should meet their children's basic physical needs, including providing nutritious meals, a safe and clean living environment, and access to healthcare when needed.

3. Communication: Responsive parents engage in open and effective communication with their children. They encourage their children to express themselves, ask questions, and share their thoughts and feelings.

4. Boundaries and Discipline: While being responsive, parents also set appropriate boundaries and guidelines for their children's behaviour. They use positive discipline strategies that teach responsibility and respect.

5. Availability: Responsive parents make themselves available to their children, both physically and emotionally. They spend quality time with their children, participate in their activities, and show interest in their lives.

6. Consistency: Consistency in parenting is essential for children's security and understanding of expectations. Responsive parents maintain consistent routines and consequences.

7. Responsiveness to Developmental Changes: Parents should adapt their responsiveness to their child's age and developmental stage. What works for a toddler may not be suitable for a teenager.

8. Support for Independence: As children grow, responsive parents gradually encourage their independence and decision-making skills while providing guidance and support.

9. Positive Reinforcement: Responsive parents acknowledge and reward their children's positive behaviours and achievements, which helps build self-esteem and motivation.

10. Active Listening: Active listening is a vital aspect of responsiveness. Parents should listen attentively to their children's concerns, ideas, and problems without judgment.

The degree of responsiveness can vary among parents, and it's essential to recognize that no one is perfect. Parenting involves continuous learning and adjustment. Responsive parenting fosters healthy attachment, emotional intelligence, and a strong parent-child relationship, which can positively influence a child's mental and emotional development.

# Section4: Over Parenting

"Over parenting," also known as "helicopter parenting" or "lawnmower parenting," is a style of parenting characterized by excessive involvement in a child's life and a tendency to micromanage every aspect of their upbringing. Over parenting can have both positive and negative effects on children, depending on the extent and manner in which it is practiced? Here are some common features and consequences of over parenting:

Features of over parenting:

1. Excessive Control: Over parenting often involves a high level of control and decision-making on behalf of the child, with little room for independence or autonomy.

2. Constant Supervision: Overprotective parents may constantly monitor their child's activities, both in person and through technology, such as tracking their whereabouts through GPS.

3. Pressure to Succeed: Over parenting can lead to unrealistic expectations for academic and extracurricular achievements, with parents pushing their children to excel in every aspect of life.

4. Shielding from Failure: Overprotective parents may go to great lengths to shield their children from failure or disappointment, which can hinder the development of resilience and coping skills.

5. Lack of Problem-Solving Skills: Children raised in an overprotective environment may struggle to develop essential problem-solving and decision-making skills since they haven't had opportunities to make choices and learn from their mistakes.

Consequences of over parenting:

1. Dependency: Children of overprotective parents may become overly dependent on their parents for guidance and decision-making, even as they grow older.

2. Anxiety and Stress: Over parenting can lead to increased anxiety and stress in children, as they may feel pressure to meet unrealistic expectations and fear disappointing their parents.

3. Reduced Resilience: Shielding children from adversity can hinder their ability to bounce back from setbacks and develop resilience.

4. Poor Decision-Making: Children raised in an overprotective environment may struggle to make independent decisions and solve problems effectively.

5. Strained Relationships: Over parenting can strain the parent-child relationship, leading to conflict and resentment.

It's important to note that there is a fine line between being involved and supportive parents and over parenting. Being involved and offering support and guidance is essential for a child's development. However, over parenting can have detrimental effects. It's crucial for parents to strike a balance between providing guidance and allowing their children to learn and grow through their experiences, even if it involves some level of risk and failure.

Parents who recognize that they may be over parenting can take steps to foster independence and resilience in their children by gradually allowing them more autonomy, encouraging problem-solving, and being mindful of setting realistic expectations. Additionally, seeking guidance from a qualified child psychologist or counsellor can be beneficial in addressing over parenting tendencies and promoting healthier parenting practices.

# Section5: How to raise emotionally intelligent children

Raising emotionally intelligent children is essential for their overall well-being and success in life. Emotional intelligence involves recognizing, understanding, managing, and effectively expressing emotions, both one's own and others'. Here are some strategies to help you raise emotionally intelligent children:

1. Model Emotionally Intelligent Behaviour: Children learn by observing their parents and caregivers. Model healthy emotional expression, empathy, and effective problem solving when dealing with your own emotions. Show them how to communicate feelings in a constructive manner.

2. Emotion Recognition: Teach children to recognize and label their emotions. Use age-appropriate language to help them express what they are feeling. Encourage them to identify emotions in others by asking questions like, "How do you think your friend feels right now?"

3. Active Listening: Practice active listening when your child shares their feelings or concerns. Give them your full attention, maintain eye contact, and reflect back what they are saying to show you understand and care about their emotions.

4. Empathy: Help your child develop empathy by talking about other people's feelings and perspectives. Encourage them to consider how their actions might affect others. Read books or watch movies that explore different emotions and perspectives.

5. Problem-Solving Skills: Teach your child problem-solving skills by involving them in age-appropriate decision-making processes. Encourage them to brainstorm solutions to conflicts or challenges they encounter.

6. Emotion Regulation: Help your child learn to manage their emotions in healthy ways. Teach them techniques like deep breathing, counting to ten, or taking a break when they feel overwhelmed. Provide a safe space for them to express their feelings without judgment.

7. Positive Reinforcement: Praise and reinforce your child's efforts in recognizing and managing their emotions. Celebrate their successes in understanding and empathizing with others.

8. Conflict Resolution: Teach your child constructive ways to resolve conflicts, such as using "I" statements, listening to others, and finding compromises. Encourage them to talk through conflicts rather than resorting to aggression or avoidance.

9. Teach Coping Strategies: Show your child how to cope with difficult emotions like anger, sadness, or frustration. Help them understand that it's okay to feel these emotions but provide healthy outlets like art, exercise, or journaling.

10. Create a Supportive Environment: Foster an environment where your child feels safe and comfortable discussing their feelings. Avoid dismissing or trivializing their emotions, even if you may not fully understand or agree with them.

11. Limit Screen Time: Excessive screen time, especially on social media, can negatively impact emotional intelligence. Set limits on screen time and encourage face-to-face interactions.

12. Encourage Social Skills: Support your child in building healthy relationships with peers. Encourage play dates, group activities, and opportunities for them to practice social skills.

Remember that raising emotionally intelligent children is an ongoing process that requires patience, consistency, and a nurturing environment. Be patient with your child as they learn and grow, and provide guidance and support along the way. Your efforts to foster emotional intelligence will contribute to their lifelong emotional well-being and success in various aspects of life.

**Section 6: How to raise children successful kids without over parenting;**

Raising successful children without over parenting requires finding a balance between providing support and guidance while also allowing them to develop their independence and problem-solving skills. Here are some strategies to achieve this balance:

1. Set Realistic Expectations: Understand that success can be defined in various ways, and it's essential to have realistic expectations for your child's abilities and interests. Avoid imposing your own dreams or expectations on them.

2. Foster Independence: Encourage your child to take on age-appropriate responsibilities and make decisions for themselves. Allow them to experience the consequences of their choices (within safe limits) and learn from them.

3. Promote a Growth Mindset: Teach your child that effort and perseverance are more important than innate talent. Encourage them to embrace challenges, learn from failures, and see setbacks as opportunities for growth.

4. Encourage Curiosity and Exploration: Support your child's natural curiosity by providing opportunities for learning and exploration. Encourage them to ask questions, explore new interests, and pursue their passions.

5. Effective Communication: Maintain open and honest communication with your child. Listen to their concerns, ideas, and feelings without judgment. Create a safe space where they feel comfortable discussing anything with you.

6. Teach Problem-Solving Skills: Help your child develop problem-solving skills by involving them in decision-making processes. Ask open-ended questions that encourage critical thinking and decision-making.

7. Balanced Extracurricular Activities: While extracurricular activities can be valuable for skill development and socialization, avoid overloading your child with too many commitments. Allow them to choose activities they genuinely enjoy and have time for.

8. Manage Stress and Pressure: Avoid putting excessive pressure on your child to perform academically or in extracurricular. Emphasize the importance of balance, self-care, and mental well-being.

9. Model a Healthy Work-Life Balance: Demonstrate the importance of work-life balance by setting a good example. Prioritize quality family time, relaxation, and self-care.

10. Encourage a Love for Learning: Foster a love for learning by providing access to books, educational resources, and opportunities to explore new subjects. Show enthusiasm for their interests and encourage a lifelong love of learning.

11. Promote Self-Advocacy: Teach your child to communicate their needs, advocate for themselves, and seek help or guidance when necessary. These skills are crucial for success in school and life.

12. Celebrate Effort and Progress: Focus on celebrating your child's effort, progress, and personal growth rather than solely on outcomes or achievements. Praise their determination, resilience, and the qualities they exhibit in pursuit of their goals.

13. Respect Individuality: Recognize that each child is unique with their strengths, weaknesses, and interests. Encourage them to explore their individuality and make choices that align with their own values and goals.

14. Be Supportive: Be there to offer guidance and support when needed, but also give your child space to figure things out on their own. Let them know you believe in their abilities.

15. Promote Well-Being: Prioritize your child's physical and mental well-being. Ensure they get enough sleep, eat healthily, and have opportunities for physical activity. Teach them stress management and coping skills.

Remember that success is a lifelong journey, and the definition of success may vary from person to person. By fostering independence, resilience, and a love for learning, you can help your child develop the skills and mindset they need to pursue their own version of success while avoiding the pitfalls of over parenting.

# Section7: Analyzing parenting.

Analyzing parenting involves examining various aspects of parenting styles, approaches, and practices to understand their impact on children's development and well-being. It can be a complex and multifaceted process, as parenting is influenced by cultural, social, economic, and individual factors. Here are some key areas to consider when analyzing parenting:

Parenting Styles: There are several well-known parenting styles, including authoritative, authoritarian, permissive, and neglectful. Analyzing parenting involves understanding the characteristics and effects of each style on children's behaviour and emotional development.

Parent-Child Relationships: Assess the quality of the parent-child relationship, which includes factors like attachment, trust, communication, and emotional closeness. A strong and positive parent-child relationship is essential for healthy child development.

Discipline and Guidance: Examine how parents discipline and guide their children. Effective discipline strategies involve setting appropriate boundaries, using positive reinforcement, and teaching children problem-solving skills.

Communication: Analyze the communication patterns within the family. Effective communication involves active listening, clear and respectful expression of feelings, and open dialogue between parents and children.

Emotional Intelligence: Consider how parents foster emotional intelligence in their children. Parents who model emotional awareness, empathy, and healthy emotional expression contribute to their child's emotional development.

6. Cultural and Societal Influences: Recognize that parenting practices can vary significantly across cultures and societies. Analyze how cultural norms and societal expectations impact parenting choices and approaches.

7. Parental Stress and Well-Being: Assess how parental stress and well-being affect parenting practices and the family environment. High levels of stress or parental mental health issues can have a significant impact on children.

8. Support Systems: Analyze the presence of support systems for parents, such as extended family, friends, or community resources. Adequate support can help parents in their caregiving roles.

9. Parenting Goals: Consider the goals and values parents have for their children's upbringing. Parents may have different aspirations for their children's education, career, and overall well-being.

10. Child Development Stages: Recognize that effective parenting practices may vary depending on the developmental stage of the child. Parenting strategies for infants will differ from those for toddlers, school-age children, and adolescents.

11. Adaptability: Analyze how parents adapt their parenting approaches to meet the unique needs and personalities of their children. Flexibility is often crucial in effective parenting.

12. Parental Involvement: Examine the level of parental involvement in a child's life, including school activities, extracurricular interests, and daily routines.

It's important to approach the analysis of parenting with cultural sensitivity and an understanding that there is no one-size-fits-all approach to parenting. What works well for one family may not be suitable for another. Effective parenting often involves a combination of strategies tailored to the needs of each child and the dynamics of the family. Additionally, seeking insights from research, experts in child development, and parenting resources can provide valuable perspectives on effective parenting practices.

**S**ection8: Parenting styles of parents of children with developmental disabilities;

Parents of children with developmental disabilities often exhibit a range of parenting styles, just like parents of typically developing children. However, the challenges and unique needs associated with raising a child with developmental disabilities can influence the way parents approach their parenting. Here are some common parenting styles among parents of children with developmental disabilities:

1. Authoritative Parenting: Many parents of children with developmental disabilities adopt an authoritative parenting style. They set clear expectations and boundaries for their children, provide emotional support, and offer guidance. They are responsive to their child's needs and encourage open communication. This style can be particularly effective in promoting a positive environment for children with developmental disabilities.

2. Supportive Parenting: Parents often take on a supportive role when raising a child with developmental disabilities. They offer consistent emotional support, engage in advocacy on behalf of their child, and seek out resources and services to address their child's specific needs. Supportive parents aim to create an inclusive and nurturing environment.

3. Adaptive Parenting: Parents of children with developmental disabilities often adapt their parenting style to accommodate their child's unique challenges and strengths. They may modify discipline strategies, communication methods, and educational approaches to better meet their child's needs.

4. Collaborative Parenting: Collaboration is essential when raising a child with developmental disabilities. Many parents work closely with teachers, therapists, healthcare professionals, and support networks to ensure their child receives comprehensive care and education. Collaborative parenting involves seeking input from experts and adapting strategies accordingly.

5. Advocacy-Oriented Parenting: Parents of children with developmental disabilities often become advocates for their child's rights and needs. They may engage in advocacy efforts to promote awareness, inclusion, and policy changes to benefit their child and others with similar challenges.

6. Resilient Parenting: Raising a child with developmental disabilities can be emotionally and physically demanding. Some parents develop a resilient parenting style, where they prioritize self-care, stress management, and seeking support from others to cope with the unique challenges they face.

7. Individualized Parenting: Parents recognize that every child with a developmental disability is unique, and they tailor their parenting approaches to meet their child's specific needs and strengths. They may experiment with various strategies to find what works best for their child.

8. Positive Parenting: Many parents focus on positive reinforcement and praise to encourage their child's development. Positive parenting techniques help children build self-esteem and motivation to overcome challenges.

It's important to note that there is no one-size-fits-all approach to parenting children with developmental disabilities. Each child is unique, and parents may adapt their parenting styles over time as they learn more about their child's needs and strengths. Support networks, access to resources, and professional guidance can be invaluable in helping parents navigate the complex journey of raising a child with developmental disabilities. Additionally, seeking emotional support and respite care can help parents manage the stress and demands associated with care giving.

# Section9: Parenting and psycho social well being of children;

Parenting plays a crucial role in shaping the psychosocial well-being of children. Psychosocial well-being refers to the emotional, social, and psychological aspects of a person's life, and it encompasses various factors such as self-esteem, emotional regulation, social skills, resilience, and overall mental health. Effective parenting practices can positively influence a child's psychosocial development in the following ways:

1. Emotional Regulation: Parents can help children learn to identify, express, and regulate their emotions. By providing a safe and nurturing environment, parents teach children that it's okay to feel a wide range of emotions and that these emotions can be managed constructively.

2. Attachment and Security: A strong parent-child attachment fosters feelings of security and trust, which are foundational to psychosocial well-being. Responsive parenting and consistent caregiving help children form secure attachments, which can lead to healthy relationships later in life.

3. Self-Esteem: Positive reinforcement, praise, and encouragement from parents boost a child's self-esteem. When children feel valued and loved by their parents, they are more likely to have a positive self-image and confidence in their abilities.

4. Social Skills: Parents play a critical role in teaching children social skills, such as empathy, cooperation, and effective communication. These skills are essential for building healthy relationships with peers and adults.

5. Resilience: Parents can help children develop resilience by encouraging them to face challenges, problem-solve, and learn from failures. Resilience is a valuable trait that helps children bounce back from setbacks and adversity.

6. Positive Role Models: Parents serve as role models for their children. Modeling positive behaviors, coping strategies, and conflict resolution skills can significantly influence a child's psychosocial development.

7. Open Communication: Effective communication between parents and children creates an environment where children feel heard and understood. This helps children express their thoughts and feelings and fosters trust and emotional well-being.

8. Stress Management: Parents who model healthy stress management techniques and provide coping strategies can help children navigate stressors more effectively, reducing the risk of psychosocial challenges.

9. Setting Boundaries: Establishing consistent and appropriate boundaries helps children understand expectations and learn self-discipline, which is essential for their psychosocial development.

10. Positive Reinforcement: Acknowledging and rewarding positive behaviors and efforts reinforces children's motivation to engage in pro-social behaviors and develop a strong sense of self-worth.

11. Conflict Resolution: Parents who demonstrate healthy conflict resolution skills provide valuable lessons for children on how to manage disagreements constructively and maintain healthy relationships.

12. Cultural and Ethical Values: Parents transmit cultural, ethical, and moral values that can guide a child's behaviour and decision-making, contributing to their psychosocial development.

It's important to recognize that parenting is an ongoing process, and there is no one-size-fits-all approach. Every child is unique, and parenting strategies may need to be adapted to meet their individual needs. Additionally, seeking guidance and support from professionals, such as paediatricians, therapists, or counsellors, can be beneficial for parents who have concerns about their child's psychosocial well-being or behaviour. Overall, nurturing a supportive and loving environment and fostering healthy relationships with children are key factors in promoting their psychosocial well-being.

# Section10: Conclusion;

Respectful parenting and over parenting are two distinct approaches to raising children, each with its own set of principles and implications. Both styles stem from a desire to support and protect children, they have vastly different approaches and outcomes. Respectful parenting fosters independence, healthy communication, and emotional well-being in children, allowing them to grow into confident and capable individuals. On the other hand, over parenting can stifle a child's growth and independence, potentially leading to anxiety and an inability to cope with life's challenges. It's essential for parents to find a balanced approach that respects a child's autonomy while providing the necessary guidance and support.

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