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Here is the link to the article:

<https://www.dropbox.com/s/2g9shise6vw2foa/Omer%2C%20Driter%20%26%20Satran%2C%20PDF.pdf?dl=0>

This article presents the concept of parental "vigilant care", which is the central tool and explanatory idea that we have developed regarding risk prevention for all age groups. The concept and praxis of vigilant care followed our dissatisfaction with the concept of "parental monitoring". "Monitoring" seemed to us an anonymous, technical and control-oriented formulation. Our problem was not only with the term, but also with the concept. The central assumption about monitoring was that "the more monitoring the better". We believed this was wrong. There can be excessive monitoring, as shown for instance in the case of helicopter parents. We also felt that monitoring would often lead to increased parent- child conflicts. And that it would impinge on the development of the child's autonomy. We believed a more personal, flexible and non-escalatory manifestation of parental presence should be developed. All of our criticisms of the monitoring concept were supported by research. In the article we review the massive evidence, showing that our caveats against the monitoring concept were justified. In contrast to monitoring, parental vigilant care does not aim at control, but at creating an accompaniment, a steady and benign presence in the child's mind. In contrast to monitoring, we do not assume that parental involvement is always positive. On the contrary, we assume that the degree of involvement should be determined by the level of risk that the parents detect. Thus, the parents should stay at the level of "open attention", so long as there are no alarm signs indicating that they should move to higher levels of involvement ("focused attention" and "protective steps"). The fact that parental vigilant care is graded allows it to promote development of the child's autonomy, instead of hampering it. In addition, the fact that vigilant care is regulated by actual risk signs increases its legitimacy and reduces the conflict potential. We have also hypothesized that parental vigilant care would further internalization by the child, i.e., the development of self-care. **Our studies on vigilant care have upheld these predictions: a) parental vigilant-care is highly effective in reducing risk behaviors in all the areas in which it was investigated; b) vigilant care does not lead to increased conflicts; c) vigilant care promotes internalization, and d) vigilant care is experienced as legitimate by the child, the parents and the surroundings.**