

Over-Parenting

Over-Parenting: being excessively involved in the day to day life of one's child or children, typically in the desire to shield them from difficult situations or help them succeed.

Results In:

- Lower rate of coping skills
- Feeling less accomplished
- An exaggerated sense of entitlement
- Creating followers and not leaders
- Not preparing them for adulthood
- More fearful children who aren't risk-takers

Prevention Ideas:

- Allow independence as the child naturally desires it
- Disengage from your child a little
- Allow your child to experience natural consequences



“When kids are away from their parents, their achievements are their own. Time apart allows them to develop independence and character, and it also bolsters their self- esteem.”

~ Michael Thompson



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