



### Am I Overindulging My Child?

- ❖ **Overindulging** children means giving them too much of what looks good, too soon or for too long: giving them things or experiences that are not appropriate for their age or their interests and talents. *Overindulging is the process of giving things to our teens to meet our adult needs, not our teen's needs.*
- ❖ **Recognize** that Different **Parenting Styles May Be Gender-Related** and **Both** Styles Are Needed By Your Teen
- ❖ Try to Implement **Alternatives** to Giving Too Much, Giving In or Refusing to Give:
  - Distraction and Selective Ignoring
  - Assisted compliance
  - Substitution
  - Modify the environment (add, limit or change things)
  - Choose consequences and follow through consistently
- ❖ Stop to **Consider Your Motivation**: Who Owns This Problem? (Give yourself some time to think and react: try not to respond out of anger...use time outs for yourself)
  - Is my response to my teen about their problem, my problem or a shared problem?
  - Am I indulging to avoid conflict? (Am I **Hungry, Angry, Lonely or Tired**)
  - Am I indulging because I feel guilty? (Have I been absent, distracted, angry, etc.)
  - Am I indulging because I'm confused, hurt, sad or don't know what else to do?
- ❖ Overindulging versus Meeting My Teen's Need: **Decide and Then Collect Evidence**. It's okay to experiment, learn and correct!
  - Did my response help bring about closeness between us?
  - Did my response help my teen feel more safe and capable?
  - Did my response help my teen master or try a new task?
  - Did my response bring about my teen's further withdrawal?
  - Did my response bring about more demands from my teen that I feel are even more unreasonable?

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