

## **Are You Over-doing it with Your Kids?**

By Karen Jacobson, MA, LCPC, LMFT

There is a lot of talk that today's parents are:

- Over-involved in their children's lives
- Over-indulging and buying too much
- Over-scheduling children with too many activities
- Over-pressuring kids, wanting them to succeed and be superstars
- Over-praising children in hopes that they will have good self-esteem
- Over-stimulating kids with computers, videos, electronic games, and cell phones
- Over-focusing on our children's happiness

New evidence suggests that in our efforts to give children the best, we end up over-doing it and unknowingly creating some negative consequences for our children. If you are questioning whether you are over-doing it with your children, it helps to remember the things that your children really need and want.

### **TRUE GIFTS CHILDREN NEED AND WANT:**

1. Connection with parents and other appropriate adults
2. Time and Attention
3. Acceptance for Who They Are
4. Unconditional Love
5. Limits/Boundaries/Consequences
6. Empathy
7. Downtime/Boredom
8. Struggle/ Disappointment/Conflict
9. Responsibilities
10. Allowing for Mistakes/Imperfection
11. Accepting ALL Feelings (even those that are unpleasant)
12. Teaching Values