

Overprotective Parenting in the Long Term

Fears about your child going out into the world

Example: Parent refuses to let child go to sleepovers even if they know the family.

Example: Parent walks child to school and into the classroom even when child is old enough to go on their own.

Worries about physical health

Example: Parent never lets child run, play, or climb with other children for fear that other children will be too rough.

Example: Parent allows child to skip gym class or other school activities because child does not want to participate or because parent is concerned that child will get hurt.

Difficulty encouraging your child's development

Example: Parent does not let child wipe their own nose or tie their own shoes.

Example: Parent is worried that child is not ready for interaction with other children; child misses out on learning important social skills, such as how to share.

Difficulty setting limits

Example: Parent allows child to eat whatever they want because "they are a picky eater."

Example: Parent does not appropriately discipline their child for acting out.

It can be challenging to avoid over-anxious and overly lenient parenting, but it is **worth the effort** to be aware and catch yourself if you do fall into these patterns.

Setting appropriate limits and checking if your anxiety is holding you back from letting your child explore - these are not just ways of avoiding problems; by doing these things, you are doing a very **active job of parenting**.

When you allow your child to learn, make mistakes, and experience consequences in the safety of their home environment first, you are helping them gain the skills they need to succeed in their lives outside of home. It is essential as a parent to let your child experience what it is like to do things for themselves - it is **essential to their development and learning**.

Sometimes this includes failing or not getting their way. **This can be hard for you as a parent** in the moment, **but it will help your child** be more successful in the world outside of home.