

Raising Competent and Confident Kids



What is Overparenting?

- It is the term used to describe parents who interfere too much in their child's life.
- They hover over their child, waiting to rescue her from difficulty. Often referred to as helicopter parents (particularly when referring to parents of college students though this behavior is true for other ages) these well-intentioned parents are doing their child a disservice.

Characteristics of Overparenting Parents

- Parents believe they must solve their child's problems because he is incapable of solving them himself.
- Parents are willing to provide money, material things or an inappropriate amount of their time in order to keep their child from hurt and/or failure.
- Parents allow their child to victimize them and treat them poorly.
- Parents are ready to fight any perceived injustice the child experiences. The parent needs to be right, their child is always innocent and others are always to blame.



- The parent directs their child, telling him what he should do, be, and even what sport to play or what career to choose.
- The parent is interested in meeting her own needs through her child rather than focusing on the child's needs.
- The parent emphasizes material and external measures of success including the right clothes, schools, activities.