

When is it "Too Much"?

Nothing is more important to a loving parent than the wellbeing of their children. The hardest thing to learn is how little control each parent has over the world their child grows up in outside of the home..am I right?? With that said, it can be all too easy to become encompassed by doing everything you can to protect and watch over what your children watch, read, consume, who they spend time with..the list goes on.

Research has shown how well meaning parents can go from being involved in their children's lives to over parenting. The following is taken from a recent article written in Psychology Today by Noam Shpancer, Ph.D (2023).

"Today's parents tend to be over-involved in their children's lives- a pattern that is likely to make kids more anxious rather than more secure. Children tend to experience excessive parental worry not as love, but as doubt-which turns, in a self-fulfilling prophecy, into self-doubt among teens (2023)."

In other words, projecting our own anxieties onto our children instead of teaching empowerment leads to them developing the same pattern of anxiousness. So what can be done? Both for ourselves and our children, the answer is to increase our mental resilience.

"Mental resilience is less a function of content and more a function of process. It's more about how you face problems than about what problems you face. "

Shpancer, N. (2023). *The State of Youth Mental Health*. *Psychology Today*, May/June Issue.