

December

10



BREAK FREE OF THE

HOW TO

OVERPARENTING TRAP

RAISE

AND PREPARE YOUR

AN ADULT

KID FOR SUCCESS

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CAPA-NoVA Book Club

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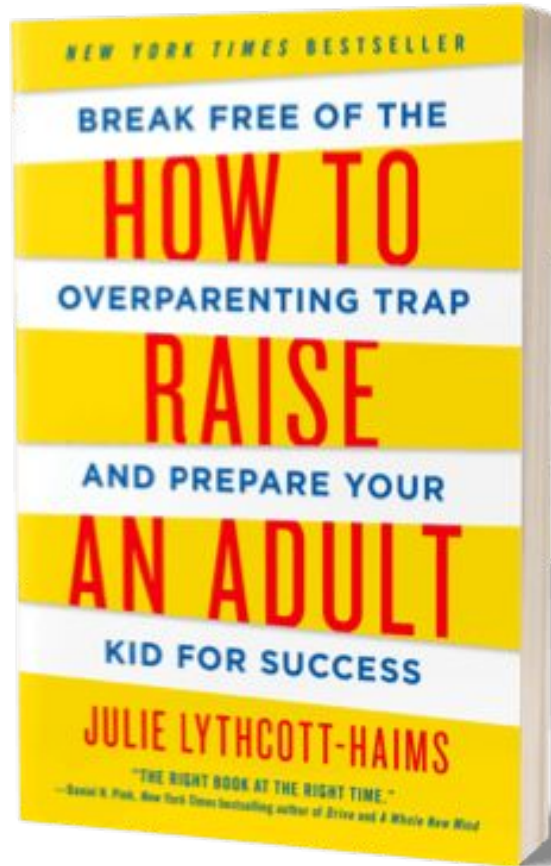
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Book Club Leader: Julia Yu



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书是瞭望世界的窗口
读是感知生命的旅程



Julie Lythcott-Haims

Part 1. What we are doing now

Part 2. Why we must stop overparenting

Part 3. Another way

Part 4. Daring to parent differently

What we are doing now

Keeping them safe and sound

Everyone gets a trophy

Checklist kids

Children are not the problem. The parents are! We always feel
If we are not trying everything, we're doing nothing. If we miss
out on one, all our efforts go down the drain. We are always one
step away from complete.

Part 2. Why we must stop overparenting

6. Our kids lack basic life skills
7. They've been psychologically harmed
8. They're becoming "Study Drug" addicts
9. We're hurting their job prospects
10. Overparenting stress us out, too
11. The college admission process is broken

The measurement for adulthood:

1. Accepting responsibility for the consequences of your actions
2. Establishing a relationship with parents as an equal adult
3. Being financially independent from parents
4. Deciding on beliefs/values independently of parents/other influences

Adulthood is not about age, it's about taking responsibility, establishing relationships, and being an independent thinker.

Overparenting causes the delay of adulthood and anxiety for those college students.

2013年美国大学健康协会对153所大学的近10万名大学生做了心理健康调查, 结果如下:

- 84.3 percent felt overwhelmed by all they had to do
- 79.1 percent felt exhausted (not from physical activity)
- 60.5 percent felt very sad
- 57.0 percent felt very lonely
- 51.3 percent felt overwhelming anxiety
- 46.5 percent felt things were hopeless
- 38.3 percent felt overwhelming anger
- 31.8 percent felt so depressed that it was difficult to function
- 8.0 percent seriously considered suicide
- 6.5 percent intentionally cut or otherwise injured themselves

Helicopter parents



Tiger moms



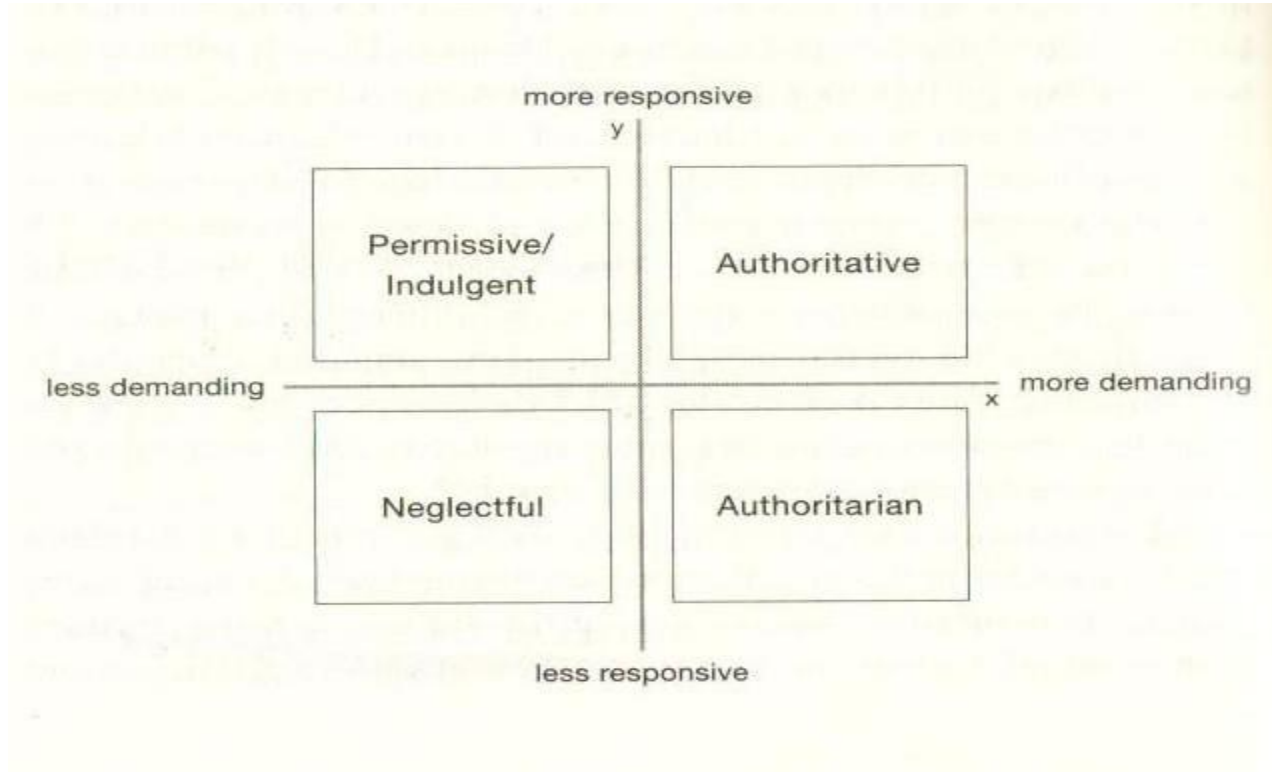
Three ways we might be overparenting

1. When we do for our kids what they can *already* do for themselves;
2. When we do for our kids what they can almost do for themselves; and
3. When our parenting behavior is motivated by our own ego.

Part 3. Another way

12. The case for another way
13. Give them unstructured time
14. Teach life skills
15. Teach them how to think
16. Prepare them for hard work
17. Let them chart their own path
18. Normalize struggle
19. Have a wider mind-set about college
20. Listen to them

Ways to parent



AUTHORITARIAN: demanding and unresponsive

PERMISSIVE/INDULGENT: undemanding and responsive

NEGLECTFUL: undemanding and unresponsive

AUTHORITATIVE: demanding and responsive

AUTHORITARIAN: demanding and unresponsive 独裁者

Authoritarian parenting is an **extremely strict parenting style**. It places **high** expectations on children with **little** responsiveness. As an authoritarian parent, you focus more on obedience, discipline, control rather than nurturing your child

独裁者的父母是一种极端严格的教育方法，有规定，但是很少有交流。他们对孩子更注重在控制，服从，而不是真正意义上的爱

PERMISSIVE/INDULGENT: undemanding and responsive 溺爱

Permissive/indulgent parenting is a type of parenting style characterized by low demands with high responsiveness. Permissive parents tend to be very loving, yet provide few guidelines and rules. These parents do not expect mature behavior from their children and often seem more like a friend than a parental figure

溺爱的家长和独裁家长正好相反，他们对孩子没有要求，只是给予没有限制的爱和呵护。看似是爱，其实是害。

NEGLECTFUL: undemanding and unresponsive 过于放纵, 放任自流

Neglectful Uninvolved parenting, sometimes referred to as neglectful parenting, is a **style characterized by a lack of responsiveness to a child's needs**. Uninvolved parents make few to no demands of their children and they are often indifferent, dismissive, or even completely neglectful

放纵的家长是彻底的没有要求, 没有交流, 对孩子的一切事情漠不关心。是彻底的甩手掌柜

AUTHORITATIVE:demanding and responsive 理智的爱

Authoritative parenting style, the parents are **nurturing, responsive, and supportive, yet set firm limits for their children**. They attempt to control children's behavior by explaining rules, discussing, and reasoning. They listen to a child's viewpoint but don't always accept it.

学会理智的爱孩子就是关心孩子，有交流，不仅设立限制，而会想办法让孩子能辨别对错，做出正确的选择。家长会耐心的和孩子交流，听孩子的意见，但是不一定每次都会无条件答应。会给出一定的建议说服孩子接受。这样环境下长大的孩子会有很高的情商

How to play (Page 152 - 155)

1. Value free play.
2. Know your kid.
3. Create agreements with other parents.
4. Offer materials and equipment that foster imaginative play.
5. Let your kid decide how and what to play.
6. Work on creating space between you and your kid.
7. Develop a capacity to wince but not to pounce.
8. Create a culture of free outdoor play.
9. Get inspired.
10. Encourage changes in your community.
11. Model play.

BENEFITS FOR A LIFETIME

1. Play provides the opportunity for children to learn, develop, and perfect new skills that build *competence*;
2. Play is the child's natural mode to master anxiety from overwhelming experiences of everyday life, which builds the *capacity to cope with the environment*.
3. Play helps build the ego's capacity to mediate between unconscious and conscious realities, which enhances *ego strength*; and
4. Play repeats or confirms a gratifying experience that fuels a child's *investment in life*.

Teaching life skills through playing

- First we do it *for* you.
- Then we do it *with* you.
- Then we *watch* you do it.
- Then *you* do it completely *independently*.

Teach them how to think

Setting limits, giving options and teaching cause and consequence, which is the factors or circumstances that cause something to happen and the consequent results or impact on future events

Part 4. Daring to parent differently

21. Reclaim your self

22. Be the parent you want to be