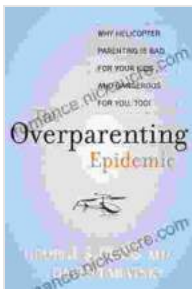


Why Helicopter Parenting Is Bad For Your Kids And Dangerous For You Too

Helicopter parenting is a style of parenting in which parents are overly involved in their children's lives, hovering over them and trying to control every aspect of their development. This type of parenting can have a number of negative consequences for children, including decreased independence, lower self-esteem, and increased anxiety. It can also be dangerous for parents, as it can lead to burnout and resentment.



The Overparenting Epidemic: Why Helicopter Parenting Is Bad for Your Kids . . . and Dangerous for You, Too!

by Jonathan Malesic

★★★★☆ 4.6 out of 5

Language : English
File size : 1198 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 170 pages



What is helicopter parenting?

Helicopter parents are those who are constantly hovering over their children, trying to protect them from every possible danger. They are often over-involved in their children's lives, making decisions for them and trying to control every aspect of their development. Helicopter parents may also

be very critical of their children, and may punish them harshly for any perceived mistakes.

Why is helicopter parenting bad for kids?

Helicopter parenting can have a number of negative consequences for children, including:

- **Decreased independence.** Helicopter parents often do not allow their children to make their own decisions, which can lead to decreased independence. Children who are not allowed to make their own decisions may have difficulty developing the skills they need to be successful in life.
- **Lower self-esteem.** Helicopter parents often criticize their children harshly, which can lead to lower self-esteem. Children who are constantly criticized may start to believe that they are not good enough, and may give up on trying to achieve their goals.
- **Increased anxiety.** Helicopter parents often create an environment of fear and anxiety for their children. They may constantly worry about their children's safety, and may make them feel like they are not capable of taking care of themselves. This can lead to increased anxiety in children, which can interfere with their ability to learn and grow.

Why is helicopter parenting dangerous for you?

Helicopter parenting can also be dangerous for parents. It can lead to:

- **Burnout.** Helicopter parents are often exhausted and overwhelmed. They may feel like they are constantly on call, and may have difficulty finding time for themselves. This can lead to burnout, which can have a negative impact on their physical and mental health.
- **Resentment.** Helicopter parents may resent their children for the time and effort they require. They may also resent the fact that their children are not more independent. This resentment can damage the parent-child relationship.

How to avoid helicopter parenting

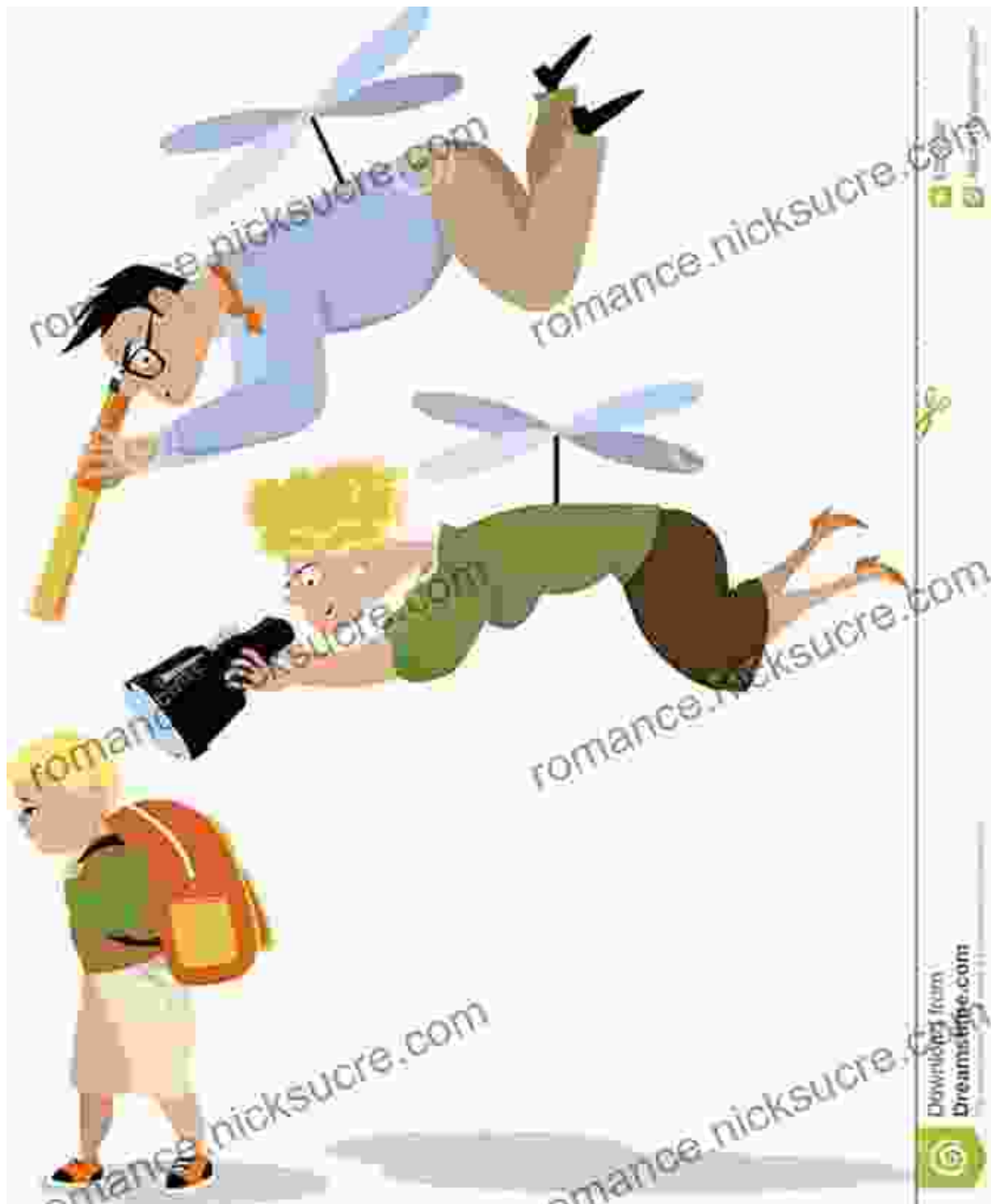
If you are concerned that you may be a helicopter parent, there are a few things you can do to change your parenting style.

- **Give your child more space.** Allow your child to make their own decisions, and don't always be there to rescue them. This will help your child develop independence and self-confidence.
- **Be less critical.** Instead of criticizing your child, focus on praising them for their efforts. This will help your child develop a positive self-image.
- **Reduce your anxiety.** If you are constantly worried about your child's safety, talk to a therapist. A therapist can help you to develop coping mechanisms for your anxiety, and can help you to learn how to trust your child more.

Helicopter parenting is a harmful parenting style that can have a number of negative consequences for both children and parents. If you are concerned that you may be a helicopter parent, it is important to take steps to change

your parenting style. By giving your child more space, being less critical, and reducing your anxiety, you can help your child to develop independence, self-confidence, and resilience.

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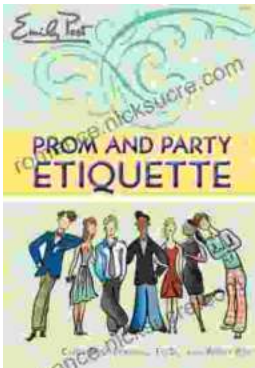
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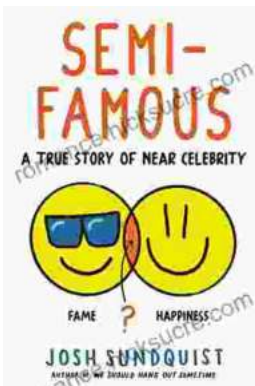
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