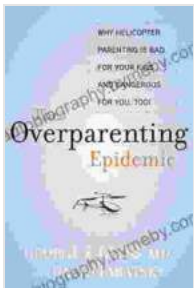


Why Helicopter Parenting Is Bad For Your Kids And Dangerous For You Too

Helicopter parenting is a parenting style in which parents are overprotective and controlling of their children, often hovering over them and intervening in their lives to excess. This parenting style can have negative consequences for both children and parents, including anxiety, depression, and relationship problems.



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



The Negative Effects Of Helicopter Parenting On Children

Helicopter parenting can have a number of negative effects on children, including:

- **Anxiety:** Helicopter parents often create an environment of fear and anxiety for their children. They may constantly worry about their child's safety and well-being, and they may overreact to minor setbacks. This

can lead to children feeling anxious and insecure, and it can make it difficult for them to develop a healthy sense of independence.

- **Depression:** Helicopter parents may also contribute to depression in their children. By constantly intervening in their child's life, they may send the message that their child is not capable of handling things on their own. This can lead to children feeling helpless and worthless, and it can increase their risk of developing depression.
- **Relationship problems:** Helicopter parents may also damage their children's relationships with their peers. By constantly hovering over their child, they may prevent them from developing healthy social skills. This can lead to children feeling isolated and lonely, and it can make it difficult for them to form close friendships.

The Negative Effects Of Helicopter Parenting On Parents

Helicopter parenting can also have negative consequences for parents, including:

- **Stress:** Helicopter parenting can be very stressful. Parents may constantly worry about their child's safety and well-being, and they may feel like they need to be constantly on guard. This can lead to parents feeling overwhelmed and exhausted.
- **Guilt:** Helicopter parents may also feel guilty about their parenting style. They may worry that they are being too overprotective or controlling, and they may feel like they are not giving their child enough space to grow and develop. This guilt can lead to parents feeling anxious and depressed.

- **Relationship problems:** Helicopter parenting can also damage parents' relationships with their children. By constantly intervening in their child's life, they may create a sense of distance between them. This can lead to children feeling resentful and angry towards their parents, and it can make it difficult for parents to have a healthy relationship with their child.

How To Avoid Helicopter Parenting

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

- **Give your child space to grow and develop.** Allow your child to make mistakes and learn from them. Don't always be there to rescue them or fix their problems.
- **Encourage your child to be independent.** Let your child make their own decisions and take responsibility for their actions. Don't always do things for them that they can do for themselves.
- **Build a strong relationship with your child.** Spend time with your child and get to know them. Talk to them about their interests and concerns, and listen to what they have to say.
- **Set limits and boundaries.** Let your child know what is expected of them, and be consistent with your discipline. Don't be afraid to say no to your child, and don't be afraid to let them experience the consequences of their actions.
- **Seek professional help if needed.** If you are struggling to change your parenting style, you may want to seek professional help. A

therapist can help you identify the root of your helicopter parenting and develop strategies for changing your behavior.

Helicopter parenting can have 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 space to grow and develop, encouraging them to be independent, and building a strong relationship with them, you can help your child grow up to be a healthy and happy adult.



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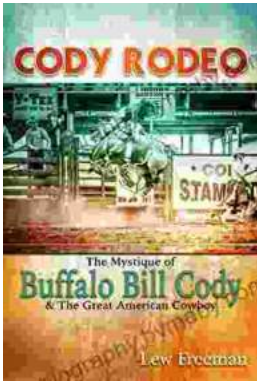
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