

PDA Parenting Or Supporting vs. Coddling

You provide as much 1:1 as a person needs so that you can help them build the skills they need to slowly handle more and more on their own. So, I took away every demand I could and I did all the things. I was told I was coddling and I didn't care. I spent that time skill-building and slowly helping them learn to self-advocate and come with more demands.

There is a difference between helping and coddling. It would be like if a person lost their leg in an accident. If you just did everything for them, that wouldn't be helping, that would be coddling. But if you expected them to wake up after losing their leg and function like normal, that definitely wouldn't be helping. They are wounded and would have no idea what to do.

So, you do for them, for a while, while their wounds heal. Then, once with missing leg has healed and the stitches are gone, you can start teaching them how to adjust. Maybe they need a special railing to get out of bed, on their own, or a special pedal installed in their car. It is not realistic to expect them to drive like normal but it is not ideal for them to never drive again. You drive them for a while and then figure out how to accommodate them so they can drive themselves, and help them build the confidence to do it on their own.

PDA is much of the same. Let them heal from the trauma of being expected to function on a level they are not capable of functioning.

Remove all the demands while they heal.




Then, slowly help them adjust to demands, adding a little bit at a time, and helping them learn to advocate and accommodate for themselves.

It takes time but is SO worth it.

- Copied from a PDA parenting Facebook page, author unknown.



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