



## Are you risking your relationship?

*How do you know when it's time to let of your controlling behaviour.*

Do you fall into any of the following traps:

- Chronically complain about the same thing over and over?
- Do you get angry at your teenager when they are simply doing the best they can?
- Do you worry obsessively about the outcome of a situation?
- Do you dive in and help out (take over) if there is a possibility it may not be done right?

You may be falling into the trap of helicopter parent. One who hovers over their children waiting to swoop the minute anything is not quite right. When you do for your children what they can do for themselves you rob them of their self-esteem.



Children will grow and develop into confident, courageous and compassionate young adults if they are allowed to be responsible for their choices. Growth is a process of experimentation, a series of trials, errors and occasional victories. The failed experiments are as much a part of the process as the experiments that work.

Author Helen Johnson (Don't Tell Me What To Do Just Send Money!) says: "You have to let them fail and face those tough situations. It's not easy to do. But if you don't, think about the message you are conveying to your son or daughter—**that they're not able to handle their own life.**" That means a period of adjustment for both parent and child.

Your relationship with your child, as they grow and develop through adolescence into adulthood, is one of the most important relationships you will ever have. Support them as they try new things so they will become responsible. Be mindful of your old rescuing and controlling habits as they will damage your relationship.

*"The most important thing that parents can teach their children is how to get along without them."*

*Frank A. Clark*