



# The Champion

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## Overindulged Children

*Paula Whitaker, Counseling Director, M.Ed., MA, PC, LPC*

*"I want my children to have the best I can give." "I want my children to have advantages I didn't have."*

What parent hasn't had these thoughts or voiced similar desires? Probably we all have. Isn't it because we care? Yes, we give because we care, but **sometimes we give too much.** Sometimes the children wheedle, cajole, nag, or manipulate us into giving more than they need.

When parents give too much, they are overindulging. When parents are too lenient they are over indulging. When they allow children to control the mood of the home, they can't say "No" to their children, they are over indulging.

Overindulging children is giving them too much of what looks good, too soon, too long. It is giving them things or experiences that are not appropriate for their age or their interests and talents. It is the process of giving things to children to meet the adult's needs, not the child's needs.

Overindulgence is giving a disproportionate amount of family resources to one or more children in a way that appears to be meeting the children's needs but does not, so children experience scarcity in the midst of plenty. Overindulgence is doing or having so much of something that it does active harm or at least stagnates a person and deprives that person of achieving his or her full potential.

Overindulgence is a form of child neglect. It hinders children from doing their developmental tasks, and from learning necessary life lessons. Overindulged children can become very demanding, after a time, if parents don't set proper limits they yield to the urge to hit.

**Myth:** Overindulgence means that children have too many toys.

**Reality:** Over half of those surveyed reported that having things done for them with no consistent chores expected was how they were overindulged. Among the things they reported and regretted not learning are: how to clean, how to organize personal space, how to budget, how to be financially adept, how to complete things, social skills.

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**Areas of overindulgence by not having to be a contributing family member:**

- #1 Having things done for you
- #2 Too many privileges
- #3 Too much freedom
- #4 Domination in the family
- #5 Not having to learn skills
- #6 Not having to follow rules

**Overindulgence in areas that usually cost money:**

- #1 Clothes
- #2 Toys
- #3 Lessons
- #4 Entertainment
- #5 Holidays

Overindulgence is a form of neglect and causes such pain, inconvenience, and distress later in life, why would parents do that? Guilt – a little guilt / a little gift!

According to a survey by Jean Clarke, parents may overindulge because they think it is for the welfare of a child, but most of the adults who were overindulged as children saw the overindulging as something that was done to meet their parents' needs. This gives us a direct clue about **how to avoid overindulging – recognize our own needs and get them met directly NOT through our children. Then we will be able to see whether what we are giving is hurtful or helpful. If you know someone with these concerns, call Champions Christian Counseling – we can help!**

*(Excerpted from "How Much is Enough?" by Jean Illsley Clark)*

## Asperger's Syndrome

*Sally Etheredge, MEd, LPC*

A child who lacks social skills, has a limited ability to have a reciprocal conversation, and an intense interest in a particular subject has features of Asperger's Syndrome. These children are usually socially isolated at school, have few genuine friends, cannot seem to be able to read people's body languages and may make comments that are quite true but embarrassing.

Lorna Wing describes the main features of Asperger's Syndrome as 1) a lack of empathy, 2) naïve, inappropriate, one sided interactions, 3) little or no ability to form friendships, 4) pediatric, repetitive speech, 5) poor non-verbal communication, 6) intense absorption in certain subjects, 7) clumsy and ill-coordinated movements and odd postures.

There can be two stages of diagnosing Asperger's Syndrome. First, involve parents or teachers. Second, diagnostic assessment by clinicians experienced in examining the behaviors and abilities of children with developmental disorders.

*(Excerpted from "Asperger's Syndrome" by Tony Atwood)*

## **Characteristics of Adult Children of Alcoholics**

Adult Children of alcoholics...

1. ...guess at what normal behavior *is*.
2. ...have difficulty following a project through from beginning to end.
3. ...lie when it would be just as easy to tell the truth.
4. ...judge themselves without reason.
5. ...have difficulty having fun.
6. ...take themselves very seriously.
7. ...have difficulty with intimate relationships.
8. ...overreact to changes over which they have no control.
9. ...constantly seek approval and affirmation.
10. ...usually feel that they are different from other people.
11. ...are super responsible or super irresponsible.
12. ...are extremely loyal even in the face of evidence that they loyalty is undeserved.
13. ...are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences. This impulsivity leads to confusion, self-loathing, and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess.

If you are an adult child of an alcoholic there is hope for you or someone you know. Call Champions Christian Counseling Center TODAY!

### *Verse of the Month:*

**“Dear children, let us not love with words or tongue but with actions and in truth.”**

**1 John 3:18**

### **12 Helps for Long-Distance Travel with Children**

1. Search the Internet to find special children's events along your route.
2. Pray together before starting out each day that your trip will be safe and fun.
3. Let them trace the trip on a map of their own with a highlighter if they are old enough.
4. A small, portable inflatable pool can relieve tension and allow them to cool off in a park on a hot day.
5. Take energy-expending items for a use after a long drive: jump ropes, bicycles, Velcro balls, Frisbees.
6. Explain campground and motel/hotel rules, especially about noise and safety.
7. Participate with the children in activities; don't just watch.
8. Identification cards must be attached to the child. An ID card on a chain or ribbon around the neck should include make of car, color, license plate number and name of a person not on this trip to contact in case of emergency.
9. Travel some at night with very small children if possible.
10. Describe the unfamiliar people and places they will see.
11. Stop at least once every two hours.
12. Pray together at the end of each day.

## **What is Co-Dependency?**

Co-Dependency is a learned behavior that often cycles from one generation to the next. Co-Dependency affects one's ability to have fulfilling, happy relationships. Many professionals see it as "relationship addiction". Persons suffering from Co-Dependency often have emotionally destructive and/or abusive relationships. Their relationships are often very one-sided. Co-Dependency is learned by imitating behavior exhibited by other family members who display co-dependent behaviors.

Several years ago, Co-Dependency became a term used to describe the behaviors of the spouse of a substance abuser.

### **The following is a list of statements a Co-Dependent person may feel:**

- My good feelings about who I am depend on my receiving approval from you.
- Your problems affect my serenity. My attention is focused on solving your problems.
- My mental attention is focused on pleasing you.
- My self esteem is bolstered by receiving your pain and solving your problems.
- My interests are ignored while my time is spent sharing your interests.
- I ask you what you want. I am not aware of what I want.
- My fear of your rejection determines what I say and do.
- My circle of friends diminishes as I become more involved with you.
- I compromise my values in order to connect with you.
- I value your opinion more than I value my own.
- If your quality of life is poor the quality of my life will be also.

Please contact us for more information or for an appointment by calling us at 281-357-4111.

**FREE**

**Christian Co-Dependency Support Group**

Friday nights from 6:00 p.m. to 7:00 p.m.

## **Childcare NEWS**

### **Childcare Options for our Clients during appointments!**

Ms. Mary at Scribbles and Giggles Child Care has offered Champions Clients childcare Mondays – Friday between the hours of 9:00 – 11:00 a.m. and 2:00 – 6:00 p.m. for a reduced fee of \$5.00 per hour. If you have had trouble finding people to watch your child while you come in this could be a HUGE help for you. For more information please contact our office or Mary Marshall at Scribbles & Giggles – 300 Florence Tomball TX 77375- 281-290-7887.