

Raising Likeable, Responsible, Respectful Children in an Age of Overindulgence

[Home](#)[How Much is Too Much](#)[Our Research](#)[Resources](#)[ParentTalk](#)[Clues to Overindulgence The Test of Four.pdf](#)[Overindulgence Online Course](#)

How Do You Point Out Overindulgence to someone You Care About? by Jean Illsley Clarke

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I recently received a letter from one of our readers; I call her Good Heart Parent. She asked a very important question I think all of our readers will benefit from. **Her question:** "How do I tactfully tell someone they are overindulging their child?"

(Click here to download a free PDF copy of this blog)

Dear Good Heart Parent,

I am glad you found the article "[What Is Overindulgence Anyway?](#)" to be insightful.

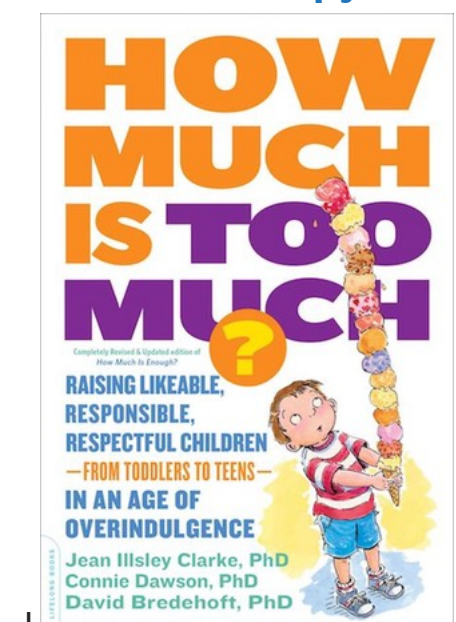
So how do you tactfully point out overindulgence to someone you care about?



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Please Remember:

- It is important to remember that overindulgence comes from a good heart.
- It comes from good intent, from a wish to make something better, to keep the child happy, to get through the day.
- It comes from not remembering that even though a good thing is a good thing, too much of a good thing is not a good thing.
- But the impact does not match the intent.

5 Suggestions:

1. **Hand her a copy of the [How Much is Too Much?](#)** book and say, *"I've been reading this author and I wonder if you think this book is helpful for parents."*
2. **Give a reference.** *"Here is a website/video about helping your children grow into strong leaders. I thought you might be interested."*

A Few Examples You May Find Helpful:

- [YouTube Resources on Overindulgence](#)
- www.overindulgence.org
- [University of Minnesota Extension Live Healthy - Live Well](#)
- [12 Risks of Overindulging](#)
- [10 Instances When You Should Get Out of The Way to Be a Better Parent](#)
- [How to Raise Kids Who Aren't Obsessed With 'Stuff'](#)
- [7 Signs You Might Be A Helicopter Parent](#)

3. **Start a conversation** about overindulgence in the news, or in the community e.g., Affluenza, children suing Parents - Then provide her with some of the information in an article you read on overindulgence. Ask her if she thinks the information might be helpful to other families.

A Few Examples You May Find Helpful:

- [Student blows \\$90K college fund, says parents didn't teach her to budget](#)
- [Kids of helicopter parents are sputtering out](#)
- [Parenting/TODAY moms survey: Are your children spoiled?](#)
- Handout: [Three Ways of Overindulging](#)
- Handout: [How to Say No to Your Kids](#)
- YouTube:



4. **Invite her to a lecture, class or on-line class.** “I found this on-line class [on ‘Parenting in the Age of Overindulgence.’](#) Would you like to take it with me?”

5. **Give second hand information.** “My friend Sara told me about how one of her friends started Saturday morning household tasks time. She creates a list of chores that she wants done, 3 household tasks per person. The first child down on Saturday morning gets first pick. The first child done with the tasks for the day gets to pick a family fun activity from a list the parents provide for the day. There may be a trip to the zoo, movie and popcorn night, yard games, a bike ride. My friend says the kids look forward to household task time. They think the contests are fun.”

Sincerely,

Jean Illsley Clarke

Author of [How Much is Too Much? Raising Likeable, Responsible, Respectful Children – From Toddlers To Teens – In An Age of Overindulgence](#) (2014, DaCapo Press Lifelong Books).

Photos from www.Pexels.com

 May 17, 2017, 6:00 AM