



## **The Overindulgent Parent's Confession** by David Bredehoft

**Sometimes I wish I could wave my magic wand and change our entire overindulgent culture. The problem is I don't have a wand, and even if I did – the scope of the problem is too huge.**

**Instead, I have to remind myself that the only one I can change is me.**

**I haven't been a perfect parent. I sometimes make mistakes. I forgive myself for those errors, and wipe the slate clean so that I may do better.**

**In doing better, I can set standards and expectations for my children. I can hold my children accountable.**

**I am capable of saying "NO" when I need to. It is OK for me to set reasonable rules and expect my children to follow them.**

**I realize that experiencing unpleasant consequences, following rules they may not want to follow, and not getting what they want all of the time, are very important experiences that help children grow up to be healthy and responsible adults.**

**I am a capable parent!**