

# PARENTING SUCCESS BLUEPRINT™

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## RAISING SELF-ESTEEM Module 2 Homework

### To Save or Support... That is the Question.

When our children are small they need our help for all sorts of things, from climbing a curb to eating their meal and learning to speak. Later, they need help with schoolwork and friendship advice. But the question we must ask is when are you helping and when are you enabling, meaning how can you tell the difference between encouraging them to face a challenge and saving them from meeting that challenge?

At the playground a father watched his child climb up the very tall ladder to the slide. Half way up, the child stopped, scared to continue and scared to climb down. A mother called to the dad to help his child get down. The father considered and then decided on a different approach. He went to the slide and pointed out to the child that she'd already come so far and the rest was just the same, just higher. He believed she could make it. Without the child knowing, he held his hands ready to catch her if she failed.

The little girl made it to the top and slid happily down the slide. The mother who'd told the man to do something said she never would have had the nerve to watch her child teeter like that. Fortunately for that little girl her dad gave her the chance to build a huge chunk of self-confidence on that slide when she decided she could finish what she started, and then did.

#### Activity

1. What are the ways you enable your child when they could probably do well on their own, i.e. finish their sentences when they are looking for words, complete their homework for them, speak for them when others ask them a question, give them advice on their friendships problem instead of asking them what they think they should do, etc. (Obviously, the child's age plays a role in answering this question.)
2. What are some examples of how you would like to give your child more independence and let them learn to do more for themselves? Describe in detail what you can do to help make that happen.
3. In what areas are you are afraid of allowing them to become more independent? Why?
4. In what areas of your own life do you take the easy way out or let yourself off the hook from growing by avoiding challenges, letting others do for you, or giving up? Look for specific situations and note them.