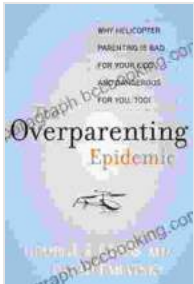


# Why Helicopter Parenting Is Bad For Your Kids And Dangerous For You Too



## The Overparenting Epidemic: Why Helicopter Parenting Is Bad for Your Kids . . . and Dangerous for You, Too!

by Jonathan Malesic

★★★★☆ 4.6 out of 5

Language : English  
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Screen Reader : Supported  
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Are you a helicopter parent? If so, you're not alone. Many parents today are overly involved in their children's lives, trying to protect them from every bump and bruise. But research shows that helicopter parenting can actually be harmful to children, both in the short and long term.

### What is helicopter parenting?

Helicopter parenting is a parenting style in which parents are overly involved in their children's lives. They hover over their children, trying to protect them from any and all harm. Helicopter parents often make all of their children's decisions for them, from what they wear to what they eat to what activities they participate in. They may also be overly involved in their children's schoolwork, helping them with their homework and projects even when they don't need it.

## Why is helicopter parenting bad for kids?

Research shows that helicopter parenting can have a number of negative consequences for children, including:

- **Low self-esteem.** Children who are raised by helicopter parents often have low self-esteem because they don't feel like they can do anything on their own. They may also be more likely to experience anxiety and depression.
- **Poor problem-solving skills.** Helicopter parents often solve all of their children's problems for them, which prevents them from developing their own problem-solving skills. This can lead to children who are unable to cope with even minor setbacks.
- **Difficulty making decisions.** Helicopter parents often make all of their children's decisions for them, which prevents them from developing their own decision-making skills. This can lead to children who are unable to make good choices for themselves.
- **Social problems.** Helicopter parents often keep their children from interacting with other children, which can lead to social problems. Children who are raised by helicopter parents may be more likely to be shy, withdrawn, and have difficulty making friends.

## Why is helicopter parenting dangerous for you?

In addition to being harmful to children, helicopter parenting can also be dangerous for parents. Helicopter parents are often so focused on their children's lives that they neglect their own. They may also be more likely to experience stress, anxiety, and depression.

## What can you do if you're a helicopter parent?

If you think you might be a helicopter parent, there are a few things you can do to change your parenting style:

- **Give your child some space.** Let your child make their own decisions and solve their own problems. This will help them develop their independence and self-esteem.
- **Encourage your child to take risks.** Let your child try new things and learn from their mistakes. This will help them develop their resilience and problem-solving skills.
- **Let your child be independent.** Allow your child to do things on their own, even if they make mistakes. This will help them learn from their mistakes and develop their self-reliance.
- **Take care of yourself.** Make sure you're taking care of your own needs. This will help you be a better parent to your child.

Helicopter parenting can be harmful to both children and parents. If you think you might be a helicopter parent, there are a few things you can do to change your parenting style. By giving your child some space, encouraging them to take risks, and letting them be independent, you can help them grow into healthy, happy, and successful adults.



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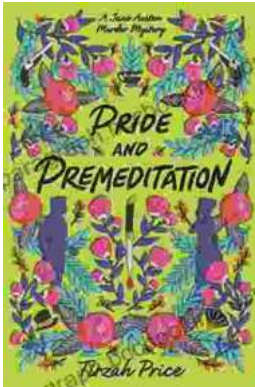
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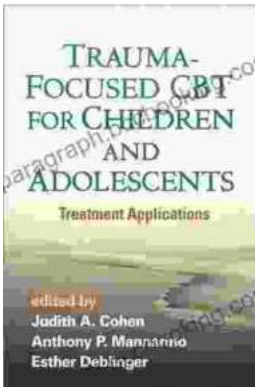
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