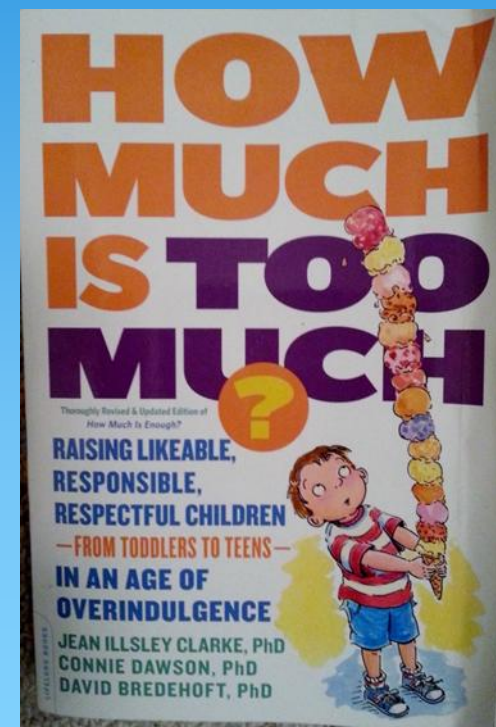


ANZASW Webinar

Understanding the impact of Over Indulgence

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Aim

- * To introduce you to the topic of overindulgence

Outcome

- * To be able to recognise possible overindulgence
- * To know what to do when you do recognise it

Jean presents the definition



What is Over Indulgence?

- * Giving children so much of anything that it keeps them from learning their developmental tasks and has a negative effect on their adult lives
- * Based on 10 research studies by Jean Illesley Clarke, Connie Dawson and David Bredehoft
- * Presented in “How Much is Enough” published in 2004 and republished 2013
- * [More information](#)

Three types of over indulgence

1. Giving too much



2. Over nurturing



3. Soft structure



What we know about why it happens

- * It comes from a good heart
- * It is all around us
- * It is unintentional



Occasional indulgences

- * Add colour and pleasure to life. Only if those same acts become a pattern, or chronic do they become over indulgence



Giving too much

The studies indicated 5 areas where participants received too much:

- * I was given lots of toys
- * I was allowed any clothes I wanted
- * I was scheduled for activities, lessons, sports, camps
- * I was allowed lots of privileges
- * They made sure I was entertained



Outcomes of too much

- * People don't know what is “enough”
- * Disrespect others and property
- * Believe and act as if they are the centre of the universe

Over nurturing

1. Caregivers/parents did things for the child that the child could do for themselves
2. Caregivers/parents were over loving and gave the child too much attention
3. The child was allowed lots of privileges
4. Caregivers/parents made sure the child was entertained



Impact of over nurture

- * Children who have been over nurtured display as adults:
 - Confusion about what is enough
 - Trained helplessness
 - Confusion of wants and needs
 - Believing and acting as if one is the centre of the universe

Soft Structure

When children do not have to:

- * do jobs around the house
- * meet standards
- * follow rules
- * met deadlines
- * learn living skills – time and money management



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The pitfalls of soft structure

- * Children grow into adults who:
 - Don't know what is enough
 - Have weak social and personal boundaries
 - Are trained in irresponsibility
 - Have a false sense of empowerment
 - Believe and act as if they are the centre of the universe

Remember when we as parents or caregivers do over indulge

- * It comes from a good heart
- * It is all around us
- * It is unintentional



The slippery Slope

- * The ride to over indulgence can often be such a smooth ride that we don't know we are on it



Unintended messages children hear

- * Don't grow up
- * Don't be who you are; don't be capable
- * The adults needs are more important than a child or child's needs are more important than the adult
- * We can't both get our needs met at the same time
- * Love is conditional upon accepting the indulgence
- * Don't think for yourself
- * It is not okay to say "no"
- * Don't expect clear boundaries
- * Don't ask for what you need

Impact of over indulgence on adults

A distorted sense of self:

- * learning to delay gratification
- * giving up being the constant centre of attention
- * being competent in:
 - every day skills
 - self care skills
 - skills for relating with others
- * taking personal responsibility
- * developing a sense of personal identity
- * knowing what is enough
- * knowing what is normal for other people



How does this play out in life

- * Tasks not getting done
- * It is other people's fault
- * Careless use of property
- * Increased levels of conflict
- * I'm right, everyone else is wrong
- * "it's all about me"
- * Lack of responsibility
- * Lack of appreciation
- * Poor self control
- * Desire to be affirmed for fame and fortune
- * Lack of resilience

What tools can you use to manage?

- * Recognition
- * Test of Four
- * Clear contracting
- * Drama Triangle
- * The parenting highway

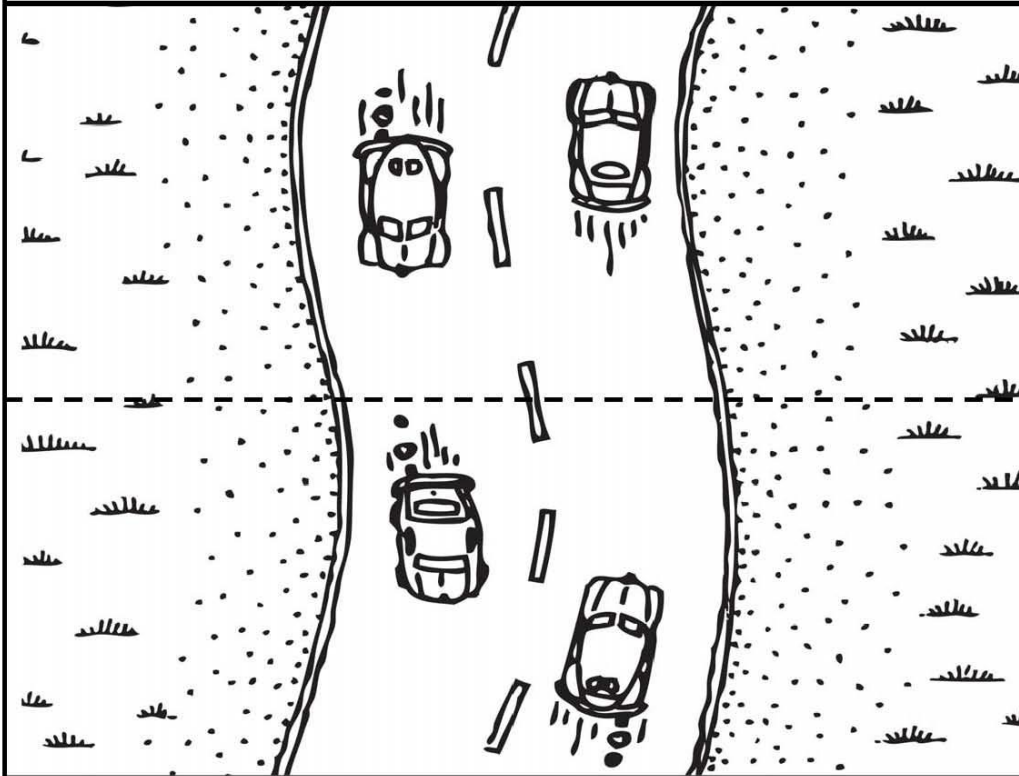
Four clues to overindulgence

1. Does the situation hinder the child from learning the task that support his or her development and learning at this age?
2. Does the situation give a disproportionate amount of family resources to one or more of the children – includes money, space, time, energy, attention and psychic input?
3. Does this situation exist to benefit the adult more than the child?
4. Does the child's behaviour potentially harm others, society, or the planet in some way?

DEVELOPMENTAL PARENTING HIGHWAY

N U R T U R E

ABUSE	CONDITIONAL CARE	ASSERTIVE CARE	SUPPORTIVE CARE	OVER-INDULGENCE	NEGLECT
⊘ DITCH	⊘ SHOULDER	+ ROAD	+ ROAD	⊘ SHOULDER	⊘ DITCH



⊘ DITCH	⊘ SHOULDER	+ ROAD	+ ROAD	⊘ SHOULDER	⊘ DITCH
RIGIDITY	CRITICISM	NONNEGOTIABLE RULES	NEGOTIABLE RULES	MARSHMALLOW	ABANDONMENT

S T R U C T U R E

Application

- * Reading and resources:
 - * “How much is Enough?” and “How much is too much?”
 - * Minnesota Extension learning Module which is free
- * What is the one thing you are going to do as a result of being at this webinar?

“enough is the stepping stone to abundance”

I wish you enough to keep your attitude bright

I wish you enough rain to appreciate the sun more

I wish you enough happiness to keep your spirit alive

I wish you enough pain so that the small joys in life appear much bigger

I wish you enough gain to satisfy your wanting

I wish you enough loss to appreciate all that you possess

I wish enough Hellos to get you through the final goodbye