

## Twenty Ways to Invade Your Child's Boundaries

- 1) Tell them what to do when you know they know what to do
- 2) Dress them when you know they can dress themselves
- 3) Check their room needlessly
- 4) Take too much part in school activities
- 5) Talk about them to their brothers/sisters
- 6) Talk about them to their friends
- 7) Worry
- 8) Hover
- 9) Make a bigger deal than necessary out of hair styles and dress codes
- 10) Think about them more than you do yourself or your relationship with your spouse
- 11) Ask too many questions
- 12) Have too many rules
- 13) Always have to win at game
- 14) Overschedule them
- 15) Don't allow any alone time
- 16) Demand certain friends; prohibit certain others
- 17) Treat them as if they were younger than they really are
- 18) Let their achievements determine your sense of emotional well-being
- 19) Take on their unacceptable behavior as your own problem without letting the natural consequences do their necessary work
- 20) Make them eat everything on the plate

## 20 ways to allow a child to invade your boundaries

- 1) Answer all questions
- 2) Ignore kicking or screaming or other unacceptable behavior that is affecting other people
- 3) Need to always be liked by your kids
- 4) Need to always rescue
- 5) Allow children's "divide and conquer technique" to cause trouble in your marriage
- 6) Feel you must buy/supply anything asked for whether you can afford it or not
- 7) Defer to children on making major family decisions
- 8) Don't lock your bedroom door when you want time alone
- 9) Worry about your kids when you are out for the evening
- 10) Lose sleep because of unresolved curfew behavior
- 11) Allow your children to decide what you think about things
- 12) Allow your child to sleep in your bed past infancy
- 13) Be unable to articulate to your kid what it is you really think about important issues
- 14) Be on able to have fun on vacation or never go on one without the kids
- 15) Allow your children to take your things without permission
- 16) Drop everything on demand
- 17) Allow a child to interfere with your marriage
- 18) Allow your child's tantrums to keep you home when you need to go out
- 19) Never say no to community child-oriented activities you really don't want to do and/or don't have time for
- 20) Make your kids the center of your life