

Cut it Out! Let Them Ask - Allison Rees of LIFE Seminars

Learning to ask for what you want is a life skill. The first step is to notice that you actually need something and then to figure out what that might be. Many adults expect their partners to read their mind, "He should just know what I need, I shouldn't have to ask for it." Really? If you don't know what you want, why should he? People must take responsibility for their own feelings and needs and ask for help when they need it. When we over-indulge kids we teach them that other people should do your thinking for you and take on the responsibility of making you happy. If you have confused parenting with being a mind reader....You really need to CUT IT OUT!

Letting a child work things through without interfering is giving your child the space needed to learn, develop confidence and become resilient.

If they ask for help they learn that they are part of a supportive environment and develop trust in your relationship. Sometimes through fearful stages, kids will ask for help that they really don't need just so they can take a step back to the comfort of your support.

So take a nice long breath before jumping in and pat yourself on the back if you recognize that this deliberate and supportive pulling back is love in action.

