

Super-Families and Healthy Families – Cut it Out!

Are you a super parent with super children? Do you base your self-esteem on being nice and being in control? If so, you might want to CUT IT OUT! Try being healthy instead.

1. Super-children have to excel.
Healthy children enjoy being themselves, learning by exploring, and using their abilities.
2. Super-parents have to excel.
Healthy parents enjoy being themselves, even if they aren't all-around perfect specimens.
3. Super-children don't interfere with their parents' perfect lives at inconvenient times.
Healthy parents accept that kids are kids.
4. Super-children are "nice".
Healthy children are egocentric and have feelings and needs.
5. Super-parents are "nice".
Healthy parents pay attention to their own feelings and needs.
6. Super-children are obedient, and super-parents are in control.
Healthy parents permit their children to become independent, and healthy children develop independence through resisting control.
7. Super-parents solve their children's problems and manage their behaviour, so that super-children don't make mistakes.
Healthy parents allow their children to solve problems and learn from their mistakes.
8. Super-family members never make mistakes.
Healthy family members make mistakes and forgive themselves and one another.
9. Super-families are always together and close.
Healthy family members have boundaries.