

SUPPORT vs SABOTAGE



Hey there grown-ups,

Here's something really important to look out for.

There are things we do for our children that are clearly supportive. For example: providing water wings to a child who cannot swim or pouring out a drink from a jug for a very young child who is simply not strong enough to lift the jug.

There are things that, if we did them, would be clearly sabotaging. For example: throwing a total non-swimmer into a body of water without any form of buoyancy aid or teaching a child to run across a road without looking for oncoming traffic.

These forms of support and sabotage are obvious.

There is, however a type of sabotage that is sneaky, insidious and cunning. That of sabotage *disguised* as support.

This is where something, on the face of it, *looks* supportive and is actually sabotaging to the child and probably the grown-up as well.

There are many example of these to look out for. For example:

- Keeping buoyancy aids on a child who can essentially swim. There comes a point where

a buoyancy aid prevents the development of a good swimming stroke.

- Pouring drink from a jug when the child is strong enough to hold that jug for him/herself. Preventing a child from pouring his/her own drink restricts that child's ability to develop good pouring skills through trial and error.
- Putting a child's coat on when she/he could have a go.
- Doing a child's coat up when she/he could have a go at the buttons or zipper him/herself. It's almost a rite of passage that children catch their chins in a zipper or misalign their buttons - we've all done it

Often, we continue to do these tasks for our children because we are quicker and we, "Haven't got time to phaff about." However, allocating a bit more time to things pays us back in the long run.

If we sustain doing things for our children for too long we end up with eternally dependent youngsters.

Step back to celebrate the growing successes of our children as they struggle, fail, reassess & achieve their way towards full independence.

To your success! Hil

p.s. watch out for sabotage disguised as support among grown-ups too!