

HOW DOES PERFECTIONISTIC PARENTING IMPACT ON MY CHILD

Without beating around the bush – “perfectionistic parenting” is harming for a child’s short and long term development and overall psychological wellbeing.

As shared by Serge Benhayon, “The perfectionist parent creates anxiety and apprehension ... the apprehension is based on the child identifying that their mum/dad’s happiness is dependent on them ... they feel happy when they make them happy ... hence, they learn conditional love and that love is based on a supply, not a two way street.”

However, it is important not to judge this style of parenting, rather to develop an understanding of why it is common to parent in this style.

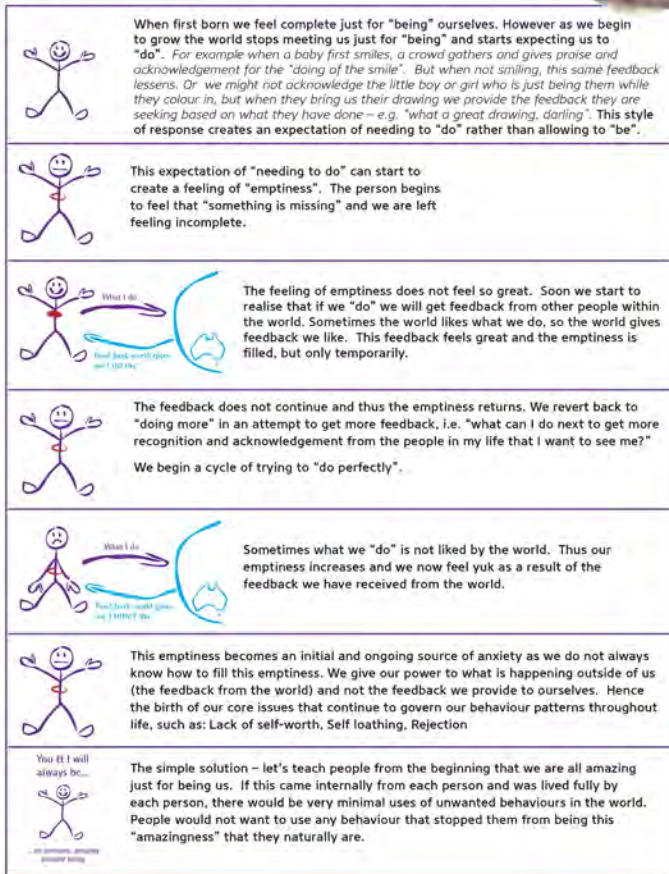
As generations cycle round, we have developed a pattern that people are praised, acknowledged and provided feedback based on what they DO, not based on WHO they are. Thus, much of parenting is based on the parent having learnt themselves that what they do is very important. This chart helps explain the cycle that much of society has lived for generations.

The reality is, this is not taught and people do not live this way. As a result we spend time with people all day every day (including ourselves) who are living with this feeling of emptiness and a drive to “do” in order to fill this emptiness. Hence the reason for “perfectionistic parenting”. The parent themselves is parenting based on this life of not feeling complete for who they are.

Our role, is to constantly meet all people – ourselves, our children, ANYONE – first and foremost with a knowingship of who they are at the core and heart of their being - amazing just for being!

The consistency of you meeting a person in this way is what will support you and your child to feel safe and supported to BE THEM in this world! Is it time to change this cycle?

Words: Tanya Curtis



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FABIC Director: Tanya Curtis leads a team of psychologists who all employ the unique fobic methodology based on supporting people to understand & change unwanted behaviour.
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