

Overprotective parenting is definitely done with the purest intentions. When someone has a child, they want to make sure that they are protected from harm in order to grow into capable, resilient and self-confident adults.

Unfortunately though, quite the opposite effects are created in children of overprotective parents, that follow them well into adulthood. In fact, **overprotective parenting does more harm than good.**

- providing constant surveillance and restrictions

wanting to control their children's environment and actions as well as who they choose to spend their time with

- being overinvolved in their children's daily life and decisions

- encouraging safety and dependence over autonomy and exploration

- always knowing what's best for their child and emphasizing this to them at every occasion

The psychological impact of overprotective parents

Overprotective parents think they're trying to help you along in life. But the long-term psychological impact can be pretty negative for children. Here are some of them.

1. Low self-esteem

When parents are overprotective, it sends the message to the children that they are not capable. They can't do anything right or else they wouldn't need to be protected. That's why it can result in low self-esteem and self-worth.

2. Shame and doubt

Many overprotective parents have incredibly high expectations of their children. And when a child doesn't meet these expectations, it can create feelings of shame or doubt in themselves.

3. Anxiety or depression

Because of the low self-esteem, shame, and doubt the children can experience, they might develop anxiety or depression either as a child or as an adult.

4. People-pleasing tendencies

When a child is constantly trying to get their overprotective parents' approval, then they will probably develop a deep need to please other people. This can spill over into other relationships in their lives.

5. Perfectionism

Overprotective parents also send the message that their child needs to be perfect in every way.

Because of their high expectations, they don't really allow the child to "fail." So, they might become a perfectionist, which is a difficult way to live.

How to deal with overprotective parents

1. Overprotectiveness doesn't mean they're evil

Your parents aren't evil, they're just scared shitless of something happening to you. Letting your child go into the world is scary.

2. Don't get angry

We know you probably want to blow up in a rage, yell, and tell them everything that's on your mind. But does that really help? Sure, you vented all your frustrations out but that doesn't change your overprotective parents.

You didn't talk to them about boundaries or what you need. You just yelled.

3. Sit them down and have a talk about it

This is really the best way to show them your maturity as a young adult. If you want them to back off, show them you're serious and that you're approaching this situation as a grown adult.

4. What do you want?

You need to know what you want. What is it about their rules and behavior that you don't need? Do you want to be able to walk home from school alone? Tell them. Do you want to be able to go out on a Friday night with your friends? Tell them.

Make sure you know exactly what your needs are because they're going to expect to hear them.

5. Talk about your feelings

Though this is about them, it's really about you. It's how they affect your feelings and your life. So, narrow in on that. Talk about how this makes you feel. Use the sentence "I feel..." in order to show them how their behavior actually affects you.

Blaming them for their behavior isn't going to help you, it's going to start an argument. So, if your parents call you ten times a day, say, "I feel stressed when you call me so many times during the day. I feel like you don't trust me."

6. You'll have to compromise

Now, if you think your parents are going to give you everything you want, you're wrong. Maybe what you want is simply too much. So, be ready to compromise.

Don't make your needs the extreme opposite or else they may not be able to handle it. A better idea is to make small changes and have them slowly adapt to those before increasing the boundaries.

7. Understand their point of view

If you don't understand where they're coming from, this isn't going to work. If you want to compromise, you're going to have to be mature and put yourself in their shoes.

Having no curfew at eighteen years old probably isn't going to happen, they want to be able to sleep with peace of mind at night. So, think about them as well.

8. Prove to them that freedom is healthy

If you want them to see that being less protective is good for you, show them the positive effects. If they give you freedom but you crash their car while driving drunk, well, we can't say we're shocked that they're overprotective parents. You must show them that you are responsible and trustworthy, that way, they'll be more relaxed.

9. Be open to advice

Parents are going to give advice – most parents do. Sometimes kids ask for it and sometimes they don't. But that's the thing, that's what parents do. It's not to annoy you, they love you so they want to help you make the right choices.

10. Establish the boundaries with them

Even though they give you advice, you still need to establish boundaries. This means you need to tell them what is okay and what is not okay. How else will they know calling you every twenty minutes when you're on a date is a bad thing?

11. It's okay to take a break from each other

If you need a day, two days, or a week on your own, take that time. Tell them you need time apart or slowly decrease the amount of communication you have with them. Instead of talking to them twice a day, talk to them once a day. Limit the contact slowly, so that it doesn't come as a shock to them.

12. Fight negativity with positivity

Sometimes, overprotective parents react negatively towards you trying to establish boundaries. Makes sense though, they don't want you to be fully independent. It scares them.

13. Be patient

Do you think it's easy to watch your own children grow up and not need you anymore? Of course, it's not. In their eyes, you are still their "baby" and always will be. It's hard for them to let you go. They will always want to protect you.

