

FYI: Common Topics Parents Tend to Over Justify, Negotiate, or Over Explain

Parents predetermine what is negotiable and what is not. Be firm, concise and direct on your values, thoughts and expectations. Kids need to know what these are! Do not go down the dark forbidden rabbit hole of no return by over explaining, justifying, or negotiating. Make the rules and consequences be well known and follow-through with your word.

Screen Time Limits:

Excessive justifications about the harmful effects of too much screen time, leading to prolonged negotiations rather than setting clear limits.

Eating Habits and Food Choices:

Over-explaining the reasons behind healthy eating choices, turning meal times into negotiations over what is and isn't allowed on the plate.

Bedtime and Sleep Routines:

Providing lengthy explanations for the importance of sleep, which can dilute the firmness of bedtime rules.

Household Chores and Responsibilities:

Negotiating responsibilities as if they are optional, rather than expectations for contributing to the household.

Homework and Study Time:

Over-justifying the importance of good study habits instead of establishing consistent routines and expectations.

Respect for Others and Manners:

Endless explanations on the value of respect and manners, which should be non-negotiable aspects of behavior.

Use of Money and Allowance:

Negotiating financial decisions, like allowance and spending, which can undermine lessons in financial responsibility.

Social Interactions and Friendships:

Over explaining how to navigate social situations, rather than encouraging children to develop their own social skills and resilience.

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Safety Rules:

Justifying safety rules to a point where the non-negotiable nature of safety becomes obscured.

Participation in Family Activities:

Negotiating participation in family outings and activities as if they are optional, rather than important family bonding times.

Church or Spiritual Events/Practices:

Lengthy justifications for participation in religious activities, which can lead to resistance rather than fostering genuine interest or faith.

Dating:

Over-negotiating rules around dating, potentially undermining discussions about respect, consent, and healthy relationships.

Sexuality:

Excessive explanation or avoidance of discussions about sexuality, missing opportunities for open, honest dialogue about body positivity and sexual health.

Friend Group:

Over involvement or justification in choices of friends, which can prevent children from learning to make and evaluate their own social decisions.

Grades and Attendance at School:

Negotiating expectations for academic performance and attendance, diluting the importance of personal responsibility and the value of education.

Expectations While in College:

Over-discussing the importance of college achievements can lead to undue pressure. Setting expectations should be balanced with encouraging exploration and personal growth.

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Use of Vehicle:

Negotiating terms of vehicle use can sometimes devolve into detailed justifications related to trust and responsibility. It's crucial to establish clear guidelines and consequences.

Behavior in Public

Parents may over justify their children's behavior in public settings, excusing or rationalizing actions that may be inappropriate or disruptive.

Dress and Appearance:

Parents might over justify their children's dress and appearance choices, either by allowing overly revealing or unconventional attire or by defending conservative dress standards to an extreme.

Appropriate Dress:

Parents may over justify what they consider appropriate dress for different occasions or environments, potentially leading to conflicts with societal norms or expectations.

Sexual Activity:

Parents might over justify their children's sexual activity, either by being overly permissive or by avoiding discussions about healthy relationships and boundaries altogether.

Volunteering:

Some parents may over justify their children's lack of involvement in volunteering or community service, either by prioritizing other activities or by downplaying the importance of giving back.

Money Management:

Parents might over justify their children's financial decisions or behaviors, either by indulging in excessive spending or by neglecting to teach responsible money management skills.