

《How Much Is Enough?》

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内容简介

All parents share the same goal—to give their kids the best of everything. But despite our good intentions, the life-enhancing abundance we heap on our children is often more than they need or can handle, and we cross the line into overindulgence. In *How Much Is Enough?*, parenting experts Jean Illsley Clarke, Connie Dawson, and David Bredehoft explain for the first time how giving children too much, over-nurturing them, and providing them with soft structure will prevent them from learning many of the important life skills they need to become happy, healthy adults. Filled with smart advice, real-life stories, and effective strategies, *How Much Is Enough?* tells you everything you need to know to avoid—or repair—the damage overindulgence causes, including:

- ? How to figure out if you 're being overindulgent and ways to act differently
- ? How to teach your child what "enough" means
- ? Tips on establishing firm rules and structure
- ? How to instill responsibility and independence in your kids

? How to figure out if you 're being overindulgent and ways to act differently

? Tips on establishing firm rules and structure

? What to do when friends or family overindulge your kids

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