

## THE V OF LOVE



Your children require leadership and limits to feel secure. Envision the letter V in Love. When children are small, they're at the base of the V with few choices, little freedom, and small responsibilities that match their small size. As they mature, they should have more choices, more freedom, and more responsibilities. Freedom and responsibility should increase concurrently. Although limits remain, more freedom is provided. Children will feel trusted and healthfully empowered.

If you reverse that V like this,  $\Lambda$ , and children are given too many early choices and freedoms, they will believe they should have all the choices. They will resent rules and responsibilities and feel as if you're stealing their freedom when you don't give them a choice or you try to set reasonable limits. They will seek instant gratification, total power, and expect to be treated as adults before they're ready to handle the responsibilities of their over-empowerment. In adolescence, ordinary expectations of responsibility will cause them to become angry, depressed, and rebellious. In plain English, they will act like 'spoiled brats'.

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