

Don't Help Your Spouse Too Much

By Dr. Charles Fay

Is it ever possible for a spouse to be too helpful with the kids? What a nutty question! I mean, isn't it true that "good" husbands and wives are always there to help when the kids get on your last nerve?

The answer is twofold: Yes and no.

No, I'm not a politician running for another term in office. It's just that this issue isn't always as clear-cut as it seems. Let's consider a common scenario:

Our three-year-old yells "No!" when my wife asks him to pick up his toys. Since I love her, and I don't want my son to think that it's okay to be defiant with his mom, I'm tempted to step in and discipline him on the spot.

If I take charge of the situation in an attempt to be a supportive spouse, what do I achieve? Is it possible that I'd send the following messages?

Son, your mother is really too weak and incapable to handle you. I'll have to do it.

Honey, since you don't have any parenting skills, I'll take care of this.

Because they care so much, sincerely loving and conscientious people are at the greatest risk for sending these messages - and undermining their spouse's ability to handle the kids. The best way to help under these sorts of circumstances is to step back and allow your spouse to prove that he or she has what it takes to handle the situation without you coming to the rescue.

Valentine's Day is in a couple of days, what better way to celebrate than snuggling next to your special someone and watching: [How To Raise Kids Who Make Responsible Decisions When Nobody Is Watching](#) (DVD) by Jim Fay and Dr. Charles Fay.

Thanks for reading! Our goal is to help as many families as possible.

Dr. Charles Fay