



MARCH 2006 COFFEE BREAK
LAGUNA BEACH PTA COUNCIL
WEDNESDAY, MARCH 15,
2006

How Much Is Enough?

STEERING CLEAR OF OVERINDULGENCE

WITH

DR. CONSTANCE DAWSON

Dr. Dawson and her colleagues are working to spread the word that overindulgence isn't just about "spoiling" kids—it's a form of neglect. Well-intentioned parents can actually wind up shielding their children from taking part in key developmental tasks and learning necessary life lessons.

Check out their website at www.overindulgence.info

AT

**THE SURF AND SAND HOTEL
THE SANDCASTLE ROOM**

8:15-10:00 a.m.

\$5.00 donation for coffee & Muffins

OVERINDULGENCE is giving children too much of what looks good—too soon and for too long: An overabundance of things and experiences that are not necessarily appropriate to the child's age, interests, or talents. But contrary to popular ideas, overindulgence is not only about stuff: Over-nurturing and lax boundaries hinder a child's self-confidence and ability to take responsibility for himself.

JOIN US TO LEARN ABOUT:

- HOW OVERCODDLING, OVERSCHEDULING, AND OVERSTIMULATING YOUR CHILD CAN DO INADVERTENT HARM
- HELPING YOUR CHILD BECOME COMPETENT IN EVERYDAY, SELF-CARE, AND RELATIONAL SKILLS
- RECOGNIZING WHETHER YOU ARE MEETING YOUR CHILD'S NEEDS OR YOUR OWN
- EXACTLY WHAT IS ENOUGH AND HOW PARENTS CAN BEST STOP OVERINDULGENCE

Coffee Break is supported by the Laguna Beach PTA, Foundation for the Contemporary Family, Schoolpower and the Surf and Sand Hotel. Due to the open forum, opinions not sanctioned by the School District or the PTA may be expressed. Questions?? Call Judith Anderson 494-0447 OR drjazanderson@cox.net