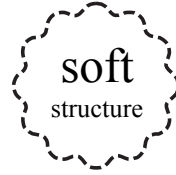


Test of Four

Clues to Overindulgence



A yes response to any of the four questions is a signal that overindulgence may be occurring.

1. Development?

Does it get in the way of the child learning a **developmental task**?
If yes, which task?

If the child is two or older, does it reinforce the early belief that the child is the center of the world?

2. Resources?

Does it use a disproportionate amount of the **family resources**: money, space, time, energy, focus, to meet the wants, not the needs, of one or more of the children?

3. Whose needs?

Is this more for the **parent** than for the child?

Does it insist that the child focus on activities that the parent likes but that are counter to the child's interests and abilities?

4. Possible harm?

Does it deplete or in some way **harm** others, property, the environment, the community?



Jean Illsley Clarke

Adapted from: How Much is Too Much? Raising Likeable, Responsible, Respectful Children – From Toddlers To Teens – In An Age of Overindulgence (2014, DaCapo Press Lifelong Books).