**Are we making our children too comfortable?**

**Source: Preetika Chandna, Dentist, Freelance Writer & Non Fiction Columnist**

How often does your child insist on having things done the way they want, and you try to make things comfortable for them? When your child complains about the food or something irritating them; are you quick to offer a solution and help make them comfortable? Getting comfortable is great when you’re watching a movie or going for a long car ride. However, if you’re making your child too comfortable with things, it’s time to check yourself.

**What does getting your child too comfortable mean?**

Getting too comfortable simply means giving in to every complaint, or even request. It means jumping up and sorting things out for a child before things get uncomfortable for the child.

**What’s wrong with being comfortable?**

Very often, we are uncomfortable with a child being uncomfortable. When a child throws a tantrum or gets grumpy for days, we feel guilty and awful as parents. It feels nasty to endure the negative atmosphere and persist with our decision for the child when a child is complaining endlessly about healthy food, fewer toys, or reduced screen time. Sometimes, children don’t want to meet guests or wear clothes we’ve bought. So we let them comfortably avoid new situations or change things to settle them.

**So what do we do?**

We give in! The child is comfortable with the new toy and playing games on the mobile, we feel like our child loves us again and all is well in the universe.

Unfortunately, the peace doesn’t last for long. It only lasts till our child, ONCE AGAIN wants something!

**What’s the message you give your child when you let them be comfortable?**

The message going out to your child when you let them remain in their comfort zones is that they can avoid things they don’t like or want to do. That does not help them learn life skills too much! In the long run, nothing will go their way and they will still have to endure discomfort or find a solution for it on their own, and that’s the message we want to give out as parents.

Here’s wishing your child a lot of discomfort, and plenty of life skills gained as a result of it!