

If you want your child to feel loved and respected, parents should say goodbye to the following behaviors.

If you want your children to feel loved, understood, and appreciated for who they are, perhaps it's time to say goodbye to some habits that seem good but do more harm than good.

If you want your children to feel loved, understood, and appreciated for who they are, perhaps it's time to say goodbye to some habits that seem good but do more harm than good.



Offering unnecessary "help"

Have you ever said, *"You know what you should do."* or *"If I were you."*? Most parents do this out of love. You want to save your child from difficulties or mistakes. But unsolicited advice can make your child feel untrusted and unable to handle challenges on their own.

As children grow up, they need to know that you trust in their problem-solving abilities.

Instead of offering advice, try asking: *"Do you want me to give you feedback, or do you just want me to listen?"* This simple question shows respect for their independence.

Using guilt as a communication tool.

1. *"Mom never hears me confide in her again."*
2. *"You must be very busy taking care of your elderly mother, right?"*

Sound familiar? These comments often stem from missing a child and wanting to connect. But guilt doesn't create closeness. It creates emotional distance.

When love comes with a layer of pressure, your child begins to associate each call or visit with stress. They may communicate less, not because they don't care, but because they feel emotionally exhausted.

If you miss them, be direct and positive. Try saying, *" Mom would love to see you soon. What's your schedule like? "*

Connections develop through genuine invitations, not feelings of guilt.



Break down boundaries.

Your child may have asked you not to visit without notice or to avoid certain topics, such as their relationships or finances.

And parents might think, *" But I'm their parent. I should be allowed to talk about anything ."*

Respecting boundaries is one of the clearest ways to show love to a grown-up child. Say something like, *" I trust you to set boundaries that make you feel comfortable ."*

Boundaries aren't barriers. They're pathways to healthier connections. When children feel you respect their boundaries, they'll feel more comfortable letting you into their lives.

Treat them as if they were still children.

This is something that's hard to change. Parents have spent years ensuring their children brush their teeth, do their homework, eat vegetables, and maintain a healthy lifestyle. Returning to that routine of over-care is natural.

But grown-up children don't want to be waited on. They want to be treated as equals, as capable individuals. That means abandoning habits that send the wrong message, such as cleaning their living space unasked,

correcting their decisions, or commenting on their appearance.

Parents think they're helping, while the grown-up child feels disrespected. The solution? Shift from the role of parent to the role of partner. Ask permission before intervening. Encourage curiosity instead of correcting mistakes.

For example, the question " *How are you handling work stress lately?* " is far more effective than " *You really need to rest, or you'll burn out.* " The former initiates conversation, the latter provides guidance.



Keep the old versions of the child.

It's easy to forget that the person sitting across from you at lunch is no longer the child who used to slam their bedroom door after curfew. Constantly bringing up a child's past mistakes or habits can trap them in a version of themselves they've become too familiar with.

Your child wants to be seen for who they are now, not as they were at sixteen. You don't need to erase the past, but talking about their present will be helpful.

Ask your child about what excites them right now, what they're learning, and what's most important to them at this moment. Seeing them clearly at this stage of their life will let them know: " *I see you, and I'm proud of the person you've become.* "

You finished reading the article "**If you want your child to feel loved and respected, parents should say goodbye to the following behaviors.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.