



FREE SHIPPING  
MIN. SPEND RM 11



Home (https://www.nst.com.my) > Lifestyle (https://www.nst.com.my/lifestyle) > Pulse (https://www.nst.com.my/lifestyle/pulse)



3 minute read

## Parents afraid of confrontation with gadget-hooked children, says counsellor



FREE SHIPPING  
MIN. SPEND RM 11

FREE SHIPPING  
MIN. SPEND RM 11



(File pix)

By **FERNANDO FONG** (/authors/fernando-fong)  
September 16, 2017 @ 11:35pm



KUALA LUMPUR: Many parents do not know how to set the limits with their children, which led to families spending too much time playing with gadgets.

A professional counsellor with more than 30 years working with families, John Philip Louis said many parents are afraid of engaging confrontation with their children.

"And because they themselves do not set the right example as they are also hooked with the gadgets, parents don't have the conviction to tell off their kids.

ADVERTISING

We use cookies to ensure you get the best experience on our site. By continuing to browse the site, you agree to our use of cookies.

OK

### RECOMMENDED

Liverpool's Klopp unsure how he will approach two games in 24 hours  
(https://www.nst.com.my/sports/football/2019/11/536235/liverpools-klopp-unsure-how-he-will-approach-two-games-24-hours?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Trump calls for 'war' on cartels as Mormons murdered in Mexico  
(https://www.nst.com.my/world/world/2019/11/536185/trump-calls-war-cartels-mormons-murdered-mexico?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Japan's Joseph among 26 invited to apply for All Blacks coach role  
(https://www.nst.com.my/sports/others/2019/11/536260/japans-joseph-among-26-invited-apply-all-blacks-coach-role?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Close ↓



"They are also unaware of the harm that comes with this," he said in a press conference at Taylor's University Lakeside Campus recently.

Louis, who holds a masters in counseling from Monash University in Melbourne, said research has shown that the number one thing that comes when people are hooked with gadgets is that their level of empathy will go down without them realising it.

He calls on parents to set reasonable limit as one of the core emotional needs, alongside connection and acceptance, healthy autonomy and performance, and realistic expectations.

"Research has shown that when core emotional needs are not met during the formative years of a child, schemas (lifetraps) will develop," said John, a certified schema therapist and member of the International Society for Schema Therapy.

Louis is the author of the 'Good Enough Parenting' book, which explains why meeting the core emotional needs is absolutely crucial for raising emotionally healthy and spiritually minded children.

Louis, a Malaysian who hails from Taiping, also conducts parenting workshops under the same title.

'The Good Enough Parenting' workshop offers a step-by-step guide on how parents can learn to meet these core emotional needs, provide parenting that is 'good enough' to avoid exasperation, prevent schemas from developing in their children and weaken schemas already present.

RELATED STORIES



Children becoming sedentary due to gadgets (/news/2015/09/children-becoming-sedentary-due-gadgets)

(/news/2016/06/154199/immunise-children-pm-urges-parents)

Immunise children, PM urges parents (/news/2016/06/154199/immunise-children-pm-urges-parents)



(/news/nation/2018/01/327201/only-24pct-msian-parents-check-content-childrens-gadgets-survey)

Only 24pct of M'sian parents check content of children's gadgets: Survey (/news/nation/2018/01/327201/only-24pct-msian-parents-check-content-childrens-gadgets-survey)

Dying for a better life: South Koreans fake their funerals for life lessons (https://www.nst.com.my/world/world/2019/11/536160/dying-better-life-south-koreans-fake-their-funerals-life-lessons?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Arsenal, Man Utd, Celtic target Europa League knockout berths (https://www.nst.com.my/sports/football/2019/11/536243/arsenal-man-utd-celtic-target-europa-league-knockout-berths?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Australia's women and men footballers to get equal pay (https://www.nst.com.my/sports/football/2019/11/536252/australias-women-and-men-footballers-get-equal-pay?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Free-scoring Oxlade-Chamberlain keen to keep improving (https://www.nst.com.my/sports/football/2019/11/536247/free-scoring-oxlade-chamberlain-keen-keep-improving?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Tennis player Christian has trick up sleeve for Manila (https://www.nst.com.my/sports/others/2019/11/536137/tennis-player-christian-has-trick-sleeve-manila?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Scammers rake in RM186mil in first eight months of 2019 (https://www.nst.com.my/news/nation/2019/11/536262/scammers-rake-rm186mil-first-eight-months-2019?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

Nio, Mobileye partner on self-driving consumer passenger cars in China (https://www.nst.com.my/cbt/2019/11/536178/nio-mobileye-partner-self-driving-consumer-passenger-cars-china?utm\_source=nst&utm\_campaign=recsys&utm\_medium=recsys)

M'sian Teen Wins Medal At International Ballet Contest Just A Month After Father's Death (https://says.com/my/news/m-sian-teen-wins-medal-at-international-ballet-contest-just-a-month-after-father-s-death)

[VIDEO] This Customer Was Filmed Shouting At A FashionValet Cashier (https://says.com/my/fun/customer-yelling-in-a-fashion-valet-store)

RECOMMENDED



Bettina Chua's brave new world New Straits Times (https://www.nst.com.my/news/nation/2019/10/531678/bettina-chuas-brave-new-world?obOrigUrl=true)



#Showbiz: Wedding bells for Joe Flizzow and Marini next year? New Straits Times (https://www.nst.com.my/lifestyle/groove/2019/10/534108/#showbiz-wedding-bells-joe-flizzow-and-marini-next-year?obOrigUrl=true)



UM: Student activist Wong's degree will not be revoked New Straits Times (https://www.nst.com.my/news/nation/2019/10/531331/um-student-activist-wongs-degree-will-not-be-revoked?obOrigUrl=true)

PROMOTED STORIES

We use cookies to ensure you get the best experience on our site. By continuing to browse the site, you agree to our use of cookies.

OK

Close



Breaking News! 1,111 Cows On The Loose!  
Friso Gold® Malaysia



Discover Smarter Strategies for Investing in Bitcoin!  
Start from as Little as \$200!

eToro  
([https://partners.etoro.com/aw.aspx?A=52916&Task=Click&TargetURL=https%3A%2F%2Fcontent.etoro.com%2Fip%2Fpractice\\_account%2F&SubAffiliateID=OB\\_EN\\_Crypto\\_Practice\\_account%2Fip%2Fpractice\\_account%2F&utm\\_source=paid.outbrain.com&utm\\_campaign=BA%20MY&utm\\_medium=referr](https://partners.etoro.com/aw.aspx?A=52916&Task=Click&TargetURL=https%3A%2F%2Fcontent.etoro.com%2Fip%2Fpractice_account%2F&SubAffiliateID=OB_EN_Crypto_Practice_account%2Fip%2Fpractice_account%2F&utm_source=paid.outbrain.com&utm_campaign=BA%20MY&utm_medium=referr))



'Underground temple' saves Tokyo from typhoon flood

Nikkei Asian Review  
(<https://asia.nikkei.com/Economy/Natural-disasters/Underground-temple-saves-Tokyo-from-typhoon-flood>)

Recommended by

FOLLOW NST



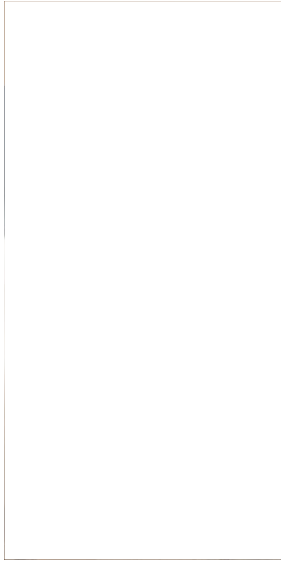
MOST READ TODAY

- 1 Watch: Indian family caught in act of burying alive unwanted newborn girl (/world/world/2019/11/535300/watch-indian-family-caught-act-burying-alive-unwanted-newborn-girl)
- 2 #Showbiz: Explicit photos of MonstaX's Shownu online? (/lifestyle/groove/2019/11/535722/showbiz-explicit-photos-monstaxs-shownu-online)
- 3 Journalists left scratching their heads over Tanjung Piai independent candidate's reason for contesting (/news/politics/2019/11/535982/journalists-left-scratching-their-heads-over-tanjung-piai-independent)
- 4 Laundromat cat killer jailed 34 months and fined RM4,000 (/news/crime-courts/2019/11/536000/laundromat-cat-killer-jailed-34-months-and-fined-rm40000)
- 5 Malaysians top list of overstayers in Australia (/news/nation/2019/11/536014/malaysians-top-list-overstayers-australia)
- 6 Witness: 1MDB also engaged in money lending (/news/crime-courts/2019/11/536042/witness-1mdb-also-engaged-money-lending)
- 7 Landslide: Slip road to apartments cut off, Genting main road unaffected (/news/nation/2019/11/536063/landslide-slip-road-apartments-cut-genting-main-road-unaffected)
- 8 Cyprus acknowledges 'mistakes' after passports given to Jho Low, Hun Sen's relatives (/news/nation/2019/11/536076/cyprus-acknowledges-mistakes-after-passports-given-jho-low-hun-sens)
- 9 In defence of the Malays (/opinion/letters/2019/11/536086/defence-malays)
- 10 Thai teen video game addict found dead at computer after non-stop gaming (/world/world/2019/11/536131/thai-teen-video-game-addict-found-dead-computer-after-non-stop-gaming)

We use cookies to ensure you get the best experience on our site. By continuing to browse the site, you agree to our use of cookies.

OK

Close ↓



**NEWS (/NEWS)**

- > Crime & Courts (/news/crime-courts)
- > Exclusive (/news/exclusive)
- > Govt / Public Policy (/news/government-public-policy)
- > Nation (/news/nation)
- > Politics (/news/politics)

**OPINION (/OPINION)**

- > Columnist (/opinion/columnist)
- > Letters (/opinion/letters)
- > Leaders (/opinion/leaders)

**LIFESTYLE (/LIFESTYLE)**

- > Sunday Vibes (/lifestyle/sunday-vibes)
- > Bots (/lifestyle/bots)
- > Heal (/lifestyle/heal)
- > Flair (/lifestyle/flair)
- > Jom! (/lifestyle/jom)
- > Pulse (/lifestyle/pulse)
- > Groove (/lifestyle/groove)

**MULTIMEDIA (/PHOTOS)**

- > Photos (/photos)
- > Videos (/videos)
- > Infographics (/infographics)

**SPORTS (/SPORTS)**

- > Football (/sports/football)
- > Badminton (/sports/badminton)
- > MMA (/sports/mma)
- > MotorSport (/sports/motor-sports)
- > Tennis (/sports/tennis)
- > Golf (/sports/golf)
- > Others (/sports/others)

**BUSINESS TIMES (/BUSINESS)**

- PROPERTY (/PROPERTY)
- EDUCATION (/EDUCATION)
- ACTIONLINE (/ACTIONLINE)
- CARS BIKES TRUCKS (/CBT)
- WORLD (/WORLD/WORLD)
- VOUCHERS (HTTP://VOUCHERS.NST.COM.MY)

SUBSCRIBE (HTTP://DIGITAL.NSTP.COM.MY/NST/INCLUDES/SHOP/LIST\_PRODUCTS.JSP?)

TESTATA=NSTNEWS&ID=NSTNEWS&UTM\_SOURCE=SUBSCRIPTION&UTM\_MEDIUM=KLIK&UTM\_TERM=HM&UTM\_CAMPAIGN=NSTNEWS)

DISCLAIMER (/DISCLAIMER)

PERSONAL DATA PROTECTION ACT (/PRIVACY)

CONTACT US (/CONTACT)

GET MOBILE APP



(https://itunes.apple.com/my/app/nst-digital/id527144475?mt=8)



(https://play.google.com/store/apps/details?id=com.nstp.nst)

© 2019 New Straits Times,  
New Straits Times Press (M) Bhd.  
A part of Media Prima Group.

We use cookies to ensure you get the best experience on our site. By continuing to browse the site, you agree to our use of cookies.

OK

Close ↓