

# Am I Selfish?

by Dana Anderson, MFT |

**Q: I'm a stay at home mom and therefore, often, take care of my children's friends. One mom keeps showing up later and later (she has a full time job) and it's getting hard for me to put my kids to bed on time—you know, dinner, bath etcetera. What should I do?**

**A: You may be a person who has a hard time saying no to someone, or setting limits. And you are not alone. It's hard but I like the demonstration on airplanes of putting the air mask on yourself before your children. And also, remember you are always teaching your children through behavior. I imagine you want your kids to be able to say no when something doesn't feel right. This is the trickiest part of care taking—knowing when it doesn't feel right. Often we do it because we think it's the right thing to do and not doing it feels "selfish.". I've heard a lot of women say this. This other mom is moving the boundary because she can. If you want to continue with this arrangement, establish a pick up time and stick to it. It may not feel good at first but once you get going, you will feel empowered.**