

Only children

Parents need to help their only children socialize with other children. They also need to help them accept imperfection in themselves and others by being tolerant of it themselves. In order to keep only children from being rescuers, parents need to help these children develop patience and understanding of differences in others.

Only Child

- Pampered and spoiled.
- Feels incompetent because adults are more capable.
- Is center of attention; often enjoys position. May feel special.
- Self-centered.
- Relies on service from others rather than own efforts
- Feels unfairly treated when doesn't get own way.
- May refuse to cooperate.
- Plays "divide and conquer" to get own way.

Birth Order: Only Children.

"Only children" spend a lot of time with grown-ups, so they can often be confident and well-spoken. Sometimes people even think of them as "little adults"! At the same time, they can find themselves under a ton of pressure to succeed.



Famous "Onlies":

Men

Robert DeNiro
Tommy Lee Jones
Robin Williams

Women

Natalie Portman
Charlize Theron
Sarah Michelle Gellar

There are many reasons why a Mom and Dad might have only one child. Sometimes it's not physically possible for them, but often, it's because this is their choice.

Here are some common personality traits of "only children":

Confident: Only children are usually not afraid to make decisions and are comfortable with their opinions.

Pays Attention to Detail: They like things to be organized and are often on time.

Good in School: Onlies tend to read a lot and have a good memory for facts and figures.

It's MINE!: Only children might have difficulty sharing or going second because they have always been first in line for everything.

Overly Critical: While being a perfectionist is not such a bad thing, you may have a tendency to take this to extremes and be really critical of yourself and others.

If you're an "only," these feelings may be familiar:

- "I didn't do as well as I should have."
- "Sometimes I feel lonely."
- "I would be much happier with a brother or sister."
- "I'm not getting enough attention."

Even though, as an only child, you probably spend a lot of time talking with your parents, make sure you express yourself to them about any long-term feelings that get you down.