

5 Steps to Confident, Resilient Kids | Wednesday, January 20, 2016

Tonight you will learn:

- ❑ What experts, articles and books are saying about this topic
- ❑ The 4 skills or skill sets your kids need to not only survive in today's world, but thrive in it
- ❑ 5 simple but powerful steps that used over and over again will raise the odds that you will raise more confident, resilient kids

The “experts” agree that by and large, the main cause for our crumbling kids is Helicopter parenting.

In an article titled, *CODDLED KIDS CRUMBLE*, (MomZette Online Mag) by Deirdre Reilly, it says...

“The results of over a decade of nonstop hand-holding and helicopter parenting are boomeranging back to parents and educators.

...Colleges report having to warn kids when they are going to talk about something that might be mentally troubling in class, with a so-called “trigger warning.”

The warnings include cautions professors must add to their course syllabi, specifying which lectures will include films, readings or discussions that might prompt feelings of emotional or physical distress.

Students are swarming their campus counseling offices for once-trivial life occurrences, such as being made to feel bad by another student. In one “funny-if-it-weren’t-so-sad” case, two students saw a mouse, dialed 911, and then sought counseling for the resulting trauma — an apparent case of rodent PTSD.”

Deirdre asks, “*What is happening to the youth of America? Why are they turning to Jell-O when faced with the slightest bump in the road?*”

In response to the incredibly high number of college students being diagnosed with anxiety disorder, Dan Jones, a past president for the Association for University and College Counseling Center Directors, wrote:

“Students haven’t developed the skills to soothe themselves, because their parents have solved all their problems and removed obstacles. They don’t seem to have as much grit as previous generations,” He went on to say,

It seems that FAILURE is the new taboo among American Parents. For them and for their children.”

One Boston Dad confesses, “I see an unwillingness in myself to let my sons fail, and I have to fight it. You are swimming against the tide; everyone is smoothing the way for their kids. We’ve forgotten that failure is a spectacular teacher.”

In a *Psychology Today*, a blog post entitled “*Declining Student Resilience*,” Boston College professor and author Peter Gray wrote, “Faculty at the meetings [of counselors] noted that students’ emotional fragility has become a serious problem when it comes to grading. Some [professors] said they had grown afraid to give low grades for poor performance, because of the *subsequent emotional crises* they would have to deal with in their offices.” (emphasis mine)

Deirdre concludes that, “*we need to resist the urge for Omniscience in our kids’ lives.*”

The next article I am going to quote from you says it all right in the title. Posted on Today.com, on the Parent Team page, it reads: (and pardon my language)

“MOM, IT’S NOT MY FAULT!” - 3 WAYS TO COMBAT TEEN NARCISSISM AND STOP BEING A KISS ASS PARENT (as posted on Today.com’s Parent Team Page) by Debbie Shulman

“This new wave of Needy Narcissism has infiltrated tweens, teens and young adults everywhere, undermining their ability to handle criticism, constructive and objective advice and rejection.

Any time feelings are “hurt” by behavior, statements or even college rejection letters, today’s teen plays the victim.

Students too immature to handle anything emotionally discomfoting casually throw about words like hater, bigot, and victim, hoping to capitalize on the trepidation that accompanies such accusations. It’s disgusting behavior and feeds right into my intolerance of the NEED.

Welcome to Teenage Armageddon.

You see, more and more teens seem to be under the impression that their failure is OUR fault. Many teens today have expectations that border on the impossible. They require IMMEDIATE attention and response — the most irrelevant and ridiculous questions go to Defcon 5 if not responded to RIGHT AWAY

(Truth: How many of you have received a series of exploding question marks via text from a teen waiting to receive a text back?????) and that’s precisely the NEED I am talking about. How many of you RUSH to school, the hockey rink or theater to pick up little Tommy, even though he is perfectly safe waiting outside?

Our parents used to let us wait and wait and wait until “Dallas” had a commercial break ... no such thing as pausing a show back then. And by waiting, we learned we were indeed NOT el numero uno, but rather just another cog in the wheel of our dysfunctional family. But there it is, that painful series of unending?????? and we jump to furious heights to quickly text right back. “I’M ON MY WAY!!!” Jeesh. Guilty. Happy face emoji.

Too many students crying over average grades, too many teens claiming an acute onset of ADD and ADHD with a bit of anxiety mixed with slight depression... Who wouldn't be depressed and anxious if they discovered they had no emotional tools in their psychological war chest to handle failure or rejection?

By continuing to blame the teacher, the coach or those a-holes who write the ACT, parents breed the need.

Please Make It Stop.

So how do we push a reset button on indulgent and submissive parenting?"

FOUR VITAL SKILLS YOUR CHILD NEEDS TO BE CONFIDENT AND SELF-RELIANT:

1. **Life Skills** — Include the following

-**Critical thinking**, which is “the objective analysis and evaluation of an issue in order to form a judgment.” CT is also known as cause and effect thinking.

-**Self-awareness** which is “the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals.”

-**Interpersonal skills** are simply the skills used by a person to properly interact with others.

-These skills sets working in our kids' lives foster self, esteem, social ability, and the freedom to decide who I want to be

-They give a child the ability to listen to and be guided by the voice on the inside (or internal voice) instead of dependence on an external one. Dr. Charles Fay says that Life Skills give your kids the gift of self reliance and

-When we are the outside voice they listen to for 18 years, do the thinking, take the blame and do not expect them to treat others according to societal norms, our kids grow up without life skills. “People who lack these basic skills live live completely dependent upon others...and lives full of anxiety. ~Dr. Charles Fay

2. **Coping Skills** — Defined as:

-Coping skills are methods or strategies a person uses to deal with stressful situations.

-Obtaining and maintaining good coping skills does take practice.

-Utilizing these skills becomes easier over time.

-Good coping skills make for good mental health wellness.

-When we run interference between our kids and pain, we ensure that they will not have solid coping skills and therefore we jeopardize their mental and emotional wellness.

3. **Personal Responsibility** – Defined as:

-The idea that human beings choose, instigate, or otherwise cause their own actions. A corollary idea is that because we cause our actions, we can be held morally accountable or legally liable.

-Teaching our kids personal responsibility for all of their actions is “The Entitlement Cure.”

Entitlement is “the belief that I am exempt from responsibility and I am owed special treatment.”

-When we take responsibility for the problems our kids create by solving them, rescuing or running interference, our kids learn that they don’t have to be responsible and therefore become entitled.

4. **Problem Solving Skills** – To be effective, there are 4 steps:

1. define the problem

2. generate alternatives

3. evaluate and then select alternatives

4. ultimately implement solutions

-This can be taught at a very young age (as I’ll show you later)

-Teaching our kids this one skill alone will give them practice in each of the other 3 categories!

The Consultant Parenting Style is the one that will give your kids the best odds at being self reliant, confident and resilient!

Consultant parents (unlike Helicopter Parents), are great at handling children who dump their problems on their doorsteps. That is because they understand and practice these 3 things:

1. To NEVER WORK HARDER on someone else’s problems as that person is willing to work on them.□

2. How to ASSIGN PROPER OWNERSHIP of the problem.

3. That being OVER - RESPONSIBLE for someone else’s problem creates dependency in that person and is NOT TRULY HELPING them.□

5 **Steps to Guiding Your Children to Own and Solve Their Problems**

1. Use EMPATHY instead of anger, frustration or judgement.

“Oh, that sounds tough...”

2. Ask the POWER QUESTION.

“What do you think you’re going to do?”

3. Get PERMISSION BEFORE sharing ideas.

“Would you like some ideas?”

“Some people or some kids try (fill in the blank with a solution).”

4. Create CAUSE & EFFECT thinking by asking,

“How do you think that would work for you?”

5. Send the CAN - DO message and show your support by saying something like,

“You’ve got this!”

“You’ll figure out what is best for you!”

“If any kids can handle this, it’s you!”

“Let me know what you decide!”

Review and practice OFTEN!

Articles and Resources for Raising Confident, Resilient Kids

Parenting for Success, by Dr. Charles Fay (Book or eBook)

<https://www.loveandlogic.com/parenting-for-success> (or can be found at your local library)

Helicopters, Drill Sergeants and Consultants, (CD, MP3 or book)

<https://www.loveandlogic.com/catalogsearch/result/?q=Helicopters+drill+sergents+and+consultant> (or can be found at your local library)

Love and Logic Insiders Club eNewsletter, suscribe here for weekly emails:

<https://www.loveandlogic.com/>

The Entitlement Cure, by John Townsend (Can be found on Amazon.com or at your local library)

CODDLED KIDS CRUMBLE, (MomZette Online Mag) by Deirdre Reilly

<http://www.lifezette.com/momzette/coddled-kids-crumble/>

MOM, IT'S NOT MY FAULT!" - 3 WAYS TO COMBAT TEEN NARCISSISM AND STOP BEING A KISS ASS PARENT, (Today Parenting Team)

By Debbie Shulman

<http://community.today.com/parentingteam/post/mom-its-not-my-fault-3-ways-to-combat-teen-narcissism-stop-being-a-kiss-ass-paren>