

Promoting Self-Reliant Kids

1. **Story of Alice and her husband going off to college**
 - a. Put on a train and expected to manage
 - b. Put on the bus and having blind faith that he would get there
 - c. There were no cell phones, email or fax
 - i. Phone calls were once a week
 - ii. Papers were done on one's own
2. **It is about Learning to Be in Charge**
 - a. If you never got behind the wheel, you would never figure out how to handle the car
 - b. If you did not have lessons and supervised practice, being in the driver's seat would be dangerous
 - c. If you learn to be effective and competent, you achieve real autonomy
3. **It is Scary for Parents to Let Kids Manage on Their Own**
 - a. When and why did we become helicopter parents?
 - i. The world seemed to be a scarier place to live
 1. child abductions
 2. television coverage of terrifying events
 - ii. Too much information about what is and isn't good for kids
 - iii. Schools encouragement of parental involvement
 - b. We became more child centered...a good thing?
 - i. Mistakes can be costly – more competition, more drugs and alcohol, more world danger
 - ii. Letting kids fail is hard – their failures feel like our failure
 - iii. Permitting kids to take risks is anxiety provoking
4. **It is Also Challenging for Children to Be Self Reliant**
 - a. They could fail
 - b. They could disappoint their parents
 - c. They could be less in the eyes of their friends, teachers, and coaches
 - d. The pressures are significant
 - e. The “evils” are often alluring
5. **Parents Can Help by Not Always Helping**
 - a. Let kids request services, needs – don't always anticipate or do for them
 - b. Let kids figure out how to make things work
 - c. Let kids make their own appointments
 - d. Let kids interact with teachers on their own behalf
 - e. Let kids initiate their own social plans
 - f. Let kids think through their plans, ideas and beliefs
6. **Parents Can Respond More Effectively**
 - a. Parents can be “shock proof”
 - b. Parents can require responsibility
 - c. Parents can involve kids in decision making
 - d. Parents can stand up for beliefs
 - e. Parents can teach kids to be true to themselves
 - f. Parents can really listen
 - g. Parents can say “no” without being angry
 - h. Parents can be more creative about setting limits than merely grounding their kids
7. **Kids Can Be More “Done” at 18**
 - a. Raising kids is like roasting turkeys
 - b. Being autonomous is being self-regulated and self-managed
 - c. Becoming one's own person requires parental support and example
 - d. Parents have a life long impact