



EIGHT HOME HABITS FOR RAISING RESILIENT, SELF-RELIANT CHILDREN

1 Establish a structured, though not rigid, environment. By age 10 pass “the torch of security” (responsibility to determine useful routines, procedures and systems) to your child’s safekeeping.

2 Willpower is a by-product of successful attempts to make choices and to accept and learn from their natural consequences. Provide repeated experiences of responsibility and accountability.

3 Engage children in situations that develop the skills of scheduling, proactive planning, setting goals, seeking constructive criticism, and learning from mistakes. Work side by side to demonstrate a new or difficult concept but do not do the work for the child.

4 In times of disappointment, failure, and setbacks, apply the wisdom: “Learn something from everyone, even if it is what *not* to be!” Learn from the challenge, deal with adversity, develop a strategy for the future, overcome evil, or exercise virtue.

5 Live out the mantra: “Do nothing for children that children can do for themselves.” Build a sense of ownership within children through age-appropriate household responsibilities/chores.

6 Demonstrate confidence in children’s ability to solve their own problems. Negotiate child situations/business only as a necessary temporary solution rather than as a pattern of adult control. Enable children to state their needs in respectfully assertive ways to adults and peers.

7 Involve children in using household tools like a wrench, screwdriver, and hammer and learning the skills of laundry, cooking, and simple sewing.

8 Create a culture of self-reliance by expecting children to figure things out on their own and being accountable, accepting responsibility for actions and inactions, learning from mistakes, honing school/study skills, and practicing life skills.