

WHAT ANY PARENT CAN DO TO RAISE SUCCESSFUL CHILDREN

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Contact for more support at www.helpforfamiliesca.com

No one wants to invest 18+ years of their love, life and money into parenting a child for them to not be able to succeed in life. Based on the 13 traits published by Rachel Gillett and Drake Baer, Business Insider, (May, 2017).

What Can Parents Do To Raise Successful Kids?

1. Hold kids responsible for their chores.

Chores teach kids the valuable lesson of discipline and responsibility. Work is to be done because work is to be done. Work is a part of contributing to the whole family. It creates a sense of positive identity (this is my job) and service and importance (Others are depending on me to do this, I am important).

“Kids raised on chores go on to become employees who collaborate well with their co-workers, are more empathetic, ... and are able to take on tasks independently”, states Julie Lythcott-Haims, former Dean at Stanford University.

The earlier you start instituting chores in your family the better.

2. Teach your kids social skills early and continually

Research indicate that a child’s capacity to get along well with others well in kindergarten is a good indicator of that child’s success 20 years later, being college graduate and employed.

Look for “teachable moments” at home and in your child’s school and community.

Four skills you can focus on:

- a) Emotional Language - how to identify and label different states of mind and feelings in self and in others
- b) Share and Take Turns with others during play and or work.
- c) Manage their own strong emotions (- anger, fear, jealousy, frustration), and impulses (“I feel like and want to hit, but I won’t”).
- d) Problem-solving - what to do when I’m not getting along with others.

3. Believe in and have high expectations of your kids

Every child was created with potential. Parents who can see and help their child see the potential within them (sometimes buried deep) will help that child achieve their best. Believing in your child isn't a mystical concept, it translates in

- the words you speak to them
- the way you challenge and encourage them,
- the resources you invest in them.

Watch Oprah's inspiring life-story about the power of believing [here](#)

4. Be Agreeable with Parenting Partners

Every couple has conflict, many couples have strong conflict about their different parenting styles and opposing family values and beliefs. But, when conflict becomes hostile, the children are negatively impacted.

Hostility between parents has a negative impact on kids whether their parents are living together, separated, or divorced.

Hidden conflict is equally disturbing to kids.

Partners in parenting produces children who are more happy, well adjusted, and are higher achievers.

Community support for co-parenting include parenting classes or parenting after separation programs and counselling. Partnering can be learnt.

5. Have a positive, caring relationship with their kids.

Children who have a good healthy relationship with their parents just do better, at basically,.. almost,.. EVERYTHING.

The investment in spending quality time with your kids, and becoming a calm, confident, caring parent provides the best returns of all the investments you could make in your kids.

6. Be less stressed as a person

Practise self-care as a lifestyle

Develop positive coping strategies

7. Foster a growth mindset - valuing learning over avoiding failure

Carol Dweck, It is the belief that one's success is not based on fixed, unchangeable innate traits (intelligence or attractiveness, talents, etc.) but characteristics or skills that can be learnt, and developed with time and effort.

Watch Carol Dweck explain growth-mindset at a TED Talk .

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

8. Teach “grit” or perseverance.

Grit, is defined as “a tendency to sustain interest in and effort toward very long-term goals” stated by psychologist, Angela Duckworth (as cited by Gillet & Baer, 2017). Let's break this down.

Test Your Own Grit.

You can only teach kids what you have within yourself. Be brave and try the online quiz to test how much grit you have. The link is

<https://angeladuckworth.com/grit-scale/>

Talk with your spouse or a trustworthy friend about the findings, share how you can improve in your areas of limitations this year.

My Personal Grit Goals Are:

1) _____

The things I will do to accomplish this are _____

Struggles of Special Needs Kids On The Road To Success

Check the box to identify areas you as a parent need support and information.

- Regarding Chores with the Uncooperative, Irresponsible Child
- Regarding Social skills for ADHD child
- Regarding Believing In The Unmotivated Child
- Regarding limited stress and the chronically stressed or anxious child
- Regarding perfectionism in children and fostering a growth-mindset to embrace failure

Opportunity for More Personalised Parenting Support

If you are living with any of these issues, [follow this blog](#) as the next post will address some of these issues. Comment on this [post](#) and tell me what's personal to you, I promise to focus in on the issues most relevant to my readers and **subscribers**.

Parenting Books.

- Raising Emotionally Intelligent Children – John Gottman
- The Explosive Child – Russel Green
- Taking Charge of ADHD – Russel Barkley

Apps for Family and Kids

- 1) Chore Monster – foster responsibility w/chores
- 2) Calm – Helps kids learn to self-soothe and regulate
- 3) The Worry Box – Helps highly stressed and anxious kids
- 4) HeyYou – Helps routines for kids with ADHD

Games to Help Kids Develop Skills for Success

- Sorry
- Jenga
- Jig-Saw Puzzle

Playing games together with your kids is a great habit for fostering closer relationships.

Books to Read Aloud With Kids

Developing Grit

- a) Everyone Can Learn To Ride A Bicycle – Best for grades Pre-K – 3
- b) Rosie Revere Engineer
- c) Ruby's Wish – Best for Grade 2 – 5

Developing Optimism + Dreaming

- a) Big Al
- b) Mathew's Dream

Fostering Goal – Setting

- The Bee Tree
- Amazing Grace
- Martin's Big Worlds: The Life of Dr. Martin Luther King Junior
- Salt In His Shoes – Michael Jordan in Pursuit of a Dream

3 Routines for Closer, Happier Family Relationships

1. Family Fun Time – Games, movies, outings, crafts, meals etc.
2. Family Meeting – Opportunities for all family members to express themselves without judgment
3. Celebrations – Celebrate birthdays, milestones etc.

Help for Families Canada

provides individual and family counselling to children, parents, and families. We help parents face the struggles they silently endure, but now, not alone. Parents receive support in building positive assets in their children for long-term benefit.

Co-parenting classes help parents unite around the mutual vision of raising successful kids.

Often time, with play therapy techniques such as storytelling and game-playing, kids learn the skills and mindsets they need to maximise their potential to succeed.

Find out more about our counselling services in Edmonton provided by Tania Bryan
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