

Preparing Your Child for Adulthood

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Kids, follow this formula:

- ✓ Work hard.
- ✓ Have fun.
- ✓ Eat well.
- ✓ Sleep.
- ✓ Repeat.

What about this list?

- ✓ Learn to communicate effectively (ie. People of all ages)
- ✓ Have good hygiene habits
- ✓ Develop time management/organization skills
- ✓ Strive for healthy relationships

Critical Life Skills

- Resilience

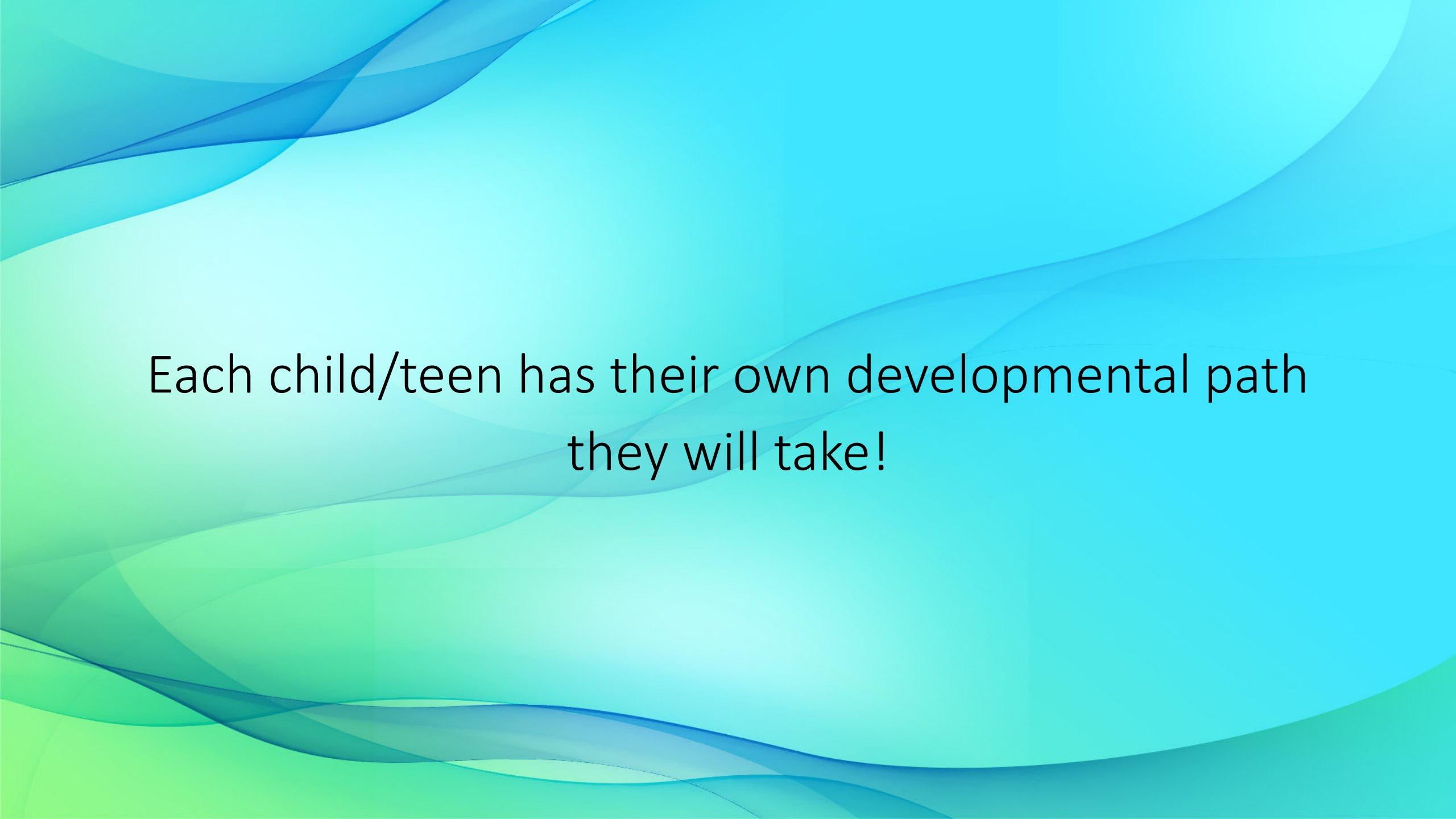
Growing the “thick skin” that comes from coping when things have gone wrong.

- Grit

Wise understanding that success comes only after trying and failing, and trying again.

- Self-efficacy

Having a realistic sense of one’s accomplishments (neither overblown nor undersold).

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Each child/teen has their own developmental path
they will take!

Process of Learning Life Skills

➤ A process of learning:

1. First, we do it for you.
2. Then, we do it with you.
3. Then, we watch you do it.
4. Then you do it completely independently.

Example: Learning to tie shoes (younger child)

Process of Learning Life Skills


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Examples: Doing dishes, communicating absences, remembering to study for a test, etc. (older child)

Ways we slow down the path of learning

- ✓ We tend to overprotect – try not to be a guardrail
- ✓ We tend to overdirect – we solve problems for them
- ✓ We tend to hand-hold so they don't fall
- ✓ We haven't taught them to think, made them think, or allowed them to think as individuals

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“We often create parameters, conditions, and limits within which our kids are permitted to work or dream – with a check-listed childhood as a path to achievement.”

– Julie Lythcott-Haims

To Review...

➤ Resilience

Growing the “thick skin” that comes from coping when things have gone wrong.

➤ Grit

Wise understanding that success comes only after trying and failing, and trying again.

➤ Self-efficacy

Having a realistic sense of one’s accomplishments (neither overblown nor undersold).

Process of learning:

- First, we do it for you. (Modeling)
- Then, we do it with you. (Helping/Guiding)
- Then, we watch you do it. (Observing)
- Then you do it completely independently. (Supporting)

Stop doing “for”, start doing “with”, encourage independence.

How do you help your child chart their own path?

By giving them space to learn,
to experience things,
to make mistakes and learn from them,
to learn to ask for help,
And allowing them to come to their own conclusions.

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Ask yourself this question:

What are the unintended consequences of your helpful intentions?

Areas of Competency

- Able to represent themselves effectively
- Manage life on their own
- Able to contribute to their household/do their fair share for the good of the whole.
- Able to handle interpersonal problems
- Able to cope with ups and downs

Sources for further learning

➤ Books

1. How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success” by Julie Lythcott-Haims
2. The Gifts of Imperfection by Brené Brown
3. Grit: The Power of Passion and Perseverance by Angela Duckworth
4. The Student Leadership Challenge by Kouzes/Posner