

How to Raise an Adult

The Staples Resilience Project has referred regularly to Julie Lythcott-Haims and her best-selling book, *How to Raise An Adult*. As a former dean of admission at Stanford University, Julie's honest account of her own struggles with encouraging her children to develop independent living skills resonates with many parents.

Since Julie published her book, the pressure on teens (and their parents) has only increased. Well meaning parents are often tempted to interfere with their children's academic, extracurricular, and social lives, claiming the stakes are too high to allow inevitable bumps in the road to be naturally occurring learning experiences. Unfortunately, opportunities for students to build the essential life skills of self-reliance and resilience are lost in the process. For parents, learning to tolerate and contain their own and their child's discomfort is critical for children to believe they are developing into strong, capable individuals.

For a quick introduction or refresher on Ms. Lythcott-Haims' basic tenets, please reference this [short article on overparenting](#) or [this longer article on the research and observations behind her book](#).

The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.

shs.westportps.org/departments/guidance/staples-resilience-project