

FAMILY SUPPORT

newsletter SEPTEMBER/OCTOBER

IS IT LOVING TO SAY NO TO YOUR CHILD?

David Walsh, Ph.D., highlights the growing challenge parents face in saying "no" to their children, stemming from guilt and a desire to foster happiness.

In his book, he argues that this reluctance contributes to a culture of entitlement and impedes the development of self-discipline, which is crucial for success. He points out that real self-esteem is built through competence and experiences, not just positive reinforcement.

Hearing "no" teaches kids resourcefulness and determination, helping them manage disappointment and develop patience. Walsh advocates for a balanced parenting approach, emphasizing the importance of setting clear limits while fostering compassion and understanding in children.



LESSONS

5 KEY LESSONS CHILDREN LEARN FROM HEARING THE ANSWER "NO"

- Discomfort is Necessary
- Learning to Wait
- Boundaries Provide Security
- Establishing Parental Authority
- Being Parents, Not Friends

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