

Model the
behavior you
want to see.



Allow space
for failure.



Be

- ✓ Aware
- ✓ Patient
- ✓ Empathetic



Provide

✓ Structure

✓ Support

✓ Encouragement



Be dispassionate.

Do not be a false cheerleader.

Do not catastrophize failure.

Focus on efforts,
not results.



Recognize your own confirmation bias toward your children.

Be aware of reinforcement – negative tracking.

Bad for the “good kid” because the “good kid” is going to eventually fail and disappoint his parents, and terrible for the “bad kid” because the criticism generates low self-esteem.



“Boundaries are the distance at which I can love you and me simultaneously.”

- Prentis Hemphil



- **Terms of a relationship that guide how each person's needs and rights are addressed.**
- **Exist on a spectrum and continue to evolve with time.**
 - **Relate to the developmental stage and what's an appropriate level of choice.**
 - **Be clear and concise with assertiveness and compassion.**



- **Sometimes they need to be defined, other times they need to be lived.**
 - **Developmentally normal for adolescents to challenge boundaries.**
 - **Reinforcement, Repetition.**
- **Are not about making your child happy, but rather to prepare them by instilling the knowledge that there are emotional limits .**