

WHAT WE WANT & WHAT WE DO

2 types of resilience:

- TASK RESILIENCE: Doing things they don't feel like doing – stay in bed, homework, brush teeth, etc.
- EMOTIONAL RESILIENCE: Handle challenges more easily -- stop worrying so much, be flexible, etc.

How we usually try to influence (change the situation)

- Set expectation based on what we want them to do
- When they don't do it, our response is

How do I get my child to...
How do I make my child...
How do I make sure that my child...

This is BAND AID PARENTING - Trying to get their behavior to change on the surface

As a result, our attempts to foster resilience are

1. Ineffective
2. At the expense of their self-esteem
3. At the expense of our relationship

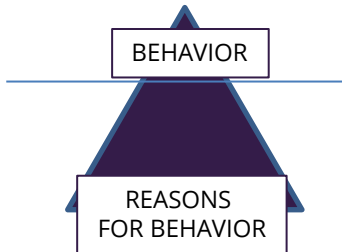
This is NOT what we want. And there's a reason we're doing it. And you're here to change this.

But first, as a foundation, let's deeper into why our usual attempts are

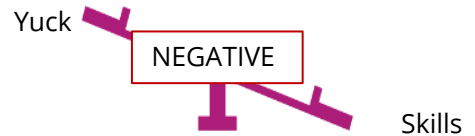
1. Ineffective
2. At the expense of their self-esteem
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WHY BAND-AID PARENTING DOESN'T WORK

1. Band Aid Parenting (getting our kids do something) is ineffective



We're not addressing what's UNDER negative behaviors, moods, and attitudes – the fact that YUCK > SKILLS



Example: You lose your cool

Examples: Kids' negative behavior, moods, and attitudes mean Yuck > skills

Behavior: Child is not staying in bed

What's under behavior (Yuck > skills)

Lots of Yuck: A child's anxiety increases when they're lying in the quiet dark

Few skills: They don't know how to deal with their anxiety except to seek comfort of a parent (who's not in their room)

Trying to MAKE a child stay in bed doesn't address their anxiety or their ability to handle it

Behavior: Child says "I am so dumb" when they forget to put away their dish away

What's under behavior (Yuck > skills)

Lots of Yuck: A child feels uncomfortable whenever they perceive that they've not done something correctly

Few skills: They don't know how to handle discomfort without turning it in on themselves

Trying to CONVINCe a child that they're not dumb doesn't help them address the discomfort they're experiencing (only makes them feel more alone)

Behavior: child rushes through homework

What's under behavior (Yuck > skills)

Lots of Yuck: Homework is boring and they can't maintain their attention

Few skills: They don't know how to get through boring tasks without rushing

Trying to GET A CHILD TO slow down doesn't help them recognize that they're rushing because of boredom... or know what to do about it next time

Being ineffective makes us swing in the direction of being "weak" & we're more ineffective!

- When taking away control doesn't work, we swing the other way and give them too much control
- When they have too much control, they actually don't feel safe
- Then we're confused, unsure, weak – not influential

WHY BAND-AID PARENTING DOESN'T WORK

2. "Getting them to" / Band Aid Parenting negatively impacts self-esteem

HEALTHY SELF-ESTEEM

Genuine belief in our value, that we are worthy of respect / acceptance *as we are*
Genuine belief that we are capable and can trust ourselves

SCENARIO: *You have a project due, but you're struggling. And it's making you really uncomfortable.*

BOSS A

- Sets an expectation based on what they want you to do based on what they need
 - Assumes that because you're in that position you "should know how" and
 - If you don't, it's a BEHAVIOR issue – tries rewards, performance plans
 - Doesn't consider skills you may be missing
 - Doesn't consider how expectations are affecting you

How would Boss A make you feel about your value?

How would Boss A make you feel about your capability and trust for yourself?

Would they be effective in changing your behavior?

3. Band Aid Parenting negatively impacts our relationship

How would Boss A make you feel about them?

Your relationship?

Would you want to come to them with struggles – or successes?

THIS IS WHAT WE DO TO OUR KIDS

- Set an expectation based on what we want: Stay in bed at night
- Assume that because they're old enough they should know how
- If not, it's a behavior issue: "How do I make them stay in bed?" And then...
- Don't consider missing skills
- Don't consider how our expectation affects them (Yuck)

Our kids doubt themselves.

They're struggling wonder what's wrong with *them*.
Don't know what to do differently and they feel incapable.
(*Lower self-esteem*)

Our kids doubt us.

They believe we don't get them.
They don't trust us to help them or be safe with their feelings.
(*Weaker relationship*)

WHAT WE CAN DO INSTEAD

We don't do this because we're bad parents!!

We do this because

- What we were taught.
- We fear that if we don't get them to, bad things will happen. Fear creates control because we can't access the values-based part of our brain.
- We're tired and just need them to stop.
- We don't know what else to do.

YOU WILL BE A LONG GAME PARENT & MAKE THE SHIFT:

GET THEM TO



SEE THEM, MEET THEIR NEEDS

YOUR YUCK
(guilt, helplessness,
depletion)



SEE YOU, MEET YOUR NEEDS

SEE THEMSELVES, MEET THEIR NEEDS

The result

More resilience
Healthier self-esteem
Stronger relationship