



1. Don't accommodate every need.
2. Avoid eliminating all risk.
3. Teach them to problem-solve.
4. Teach your kids concrete skills.
5. Avoid "why" questions.
6. Don't provide all the answers.
7. Avoid talking in catastrophic terms.
8. Let your kids make mistakes.
9. Help them manage their emotions.
10. Model resiliency.

Common behaviors that decrease resilience in kids

1. We don't let our children experience risk
2. We rescue too quickly
3. We rave too easily
4. We let guilt get in the way of leading well
5. We don't share our past mistakes
6. We mistake intelligence, giftedness and influence for maturity
7. We don't practice what we preach

How can parents start to increase resilience in their kids

1. Talk over the issues you wish you would've known about adulthood.
2. Allow them to attempt things that stretch them and even let them fail.
3. Discuss future consequences if they fail to master certain disciplines.
4. Aid them in matching their strengths to real-world problems.
5. Furnish projects that require patience, so they learn to delay gratification.
6. Teach them that life is about choices and trade-offs, they can't do everything.
7. Initiate (or simulate) adult tasks like paying bills or making business deals.
8. Introduce them to potential mentors from your network.
9. Help them envision a fulfilling future, and then discuss the steps to get there.
10. Celebrate progress they make toward autonomy and responsibility.

*<http://www.forbes.com/sites/kathycaprino/2014/01/16/7-crippling-parenting-behaviors-that-keep-children-from-growing-into-leaders/#5833e4ed4912>

* <http://psychcentral.com/lib/10-tips-for-raising-resilient-kids/>