

I Love You Enough to Let you Fall

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I'M VERY DIFFERENT THAN YOUR PARENTS BECAUSE YOUR PARENTS DON'T WANT YOU TO FAIL AND BE UNCOMFORTABLE...I LOVE YOU ENOUGH TO ALLOW YOU TO FAIL.

DAWN STALEY



COACH AJ MENTAL FITNESS

- Foundation of all parent/child relationships:
 - Grace: providing what kids *need*, both when they want it & when they don't
 - Accountability: allowing kids to experience the opportunity to:
 - Own it
 - Fix it
 - Learn from it
- The world's response to difficulty:
 - Velcro
 - Participation Trophies
 - Unspecific Praise
- What kids learn:
 - Respect/Responsibility is unnecessary (Interferes with accountability & developing empathy)

- No need to try (robs kids of learning perseverance & grit)
- “I” don’t have to (leads to entitlement)
- **The beauty of Natural Consequences:**
 - **Consequence:** a natural result of a previous action (an “F”, a cheese sandwich, missing the field trip or Homecoming Dance)
 - **Teaches Cause & Effect**
 - **Develops Core Value Strength**
- **How do we HELP rather than HELICOPTER**
 - **Clear Expectations**
 - **School related**
 - Homework/grades
 - Parent signatures
 - Extra Curricular
 - **Home related**
 - Bedtimes
 - Technology
 - Personal responsibilities
 - **Friends**
 - Getting permission
 - Prerequisites
 - Curfews
- **Bracing for “the fall”**
 - **Remember, this is teachable moment**
 - **Be Predictable: Say what you mean, mean what you say**
 - **Pre-Coaching around outcomes**

Questions/Answers

