

THE PARENT'S PROBLEM-SOLVING COMPASS



A Guide to Raising Mentally Strong Kids



THE PARENT'S "PAUSE" CHECK-IN

When they get stuck, use these questions to spark their brain:

- "What have you tried so far?"
- "Where do you think we could find a clue?"
- "What is one other way to look at this?"
- "If you were the teacher/coach, what would you suggest?"

THE "GUIDE, DON'T PROVIDE" SCRIPT

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THE TOUGH LOVE FRAMEWORK



Step 1: Allow. Let the natural consequence happen (the forgotten lunch, the late assignment).

Step 2: Validate. "It's really tough to feel hungry/disappointed. I hear you."

Step 3: Pivot. "How can we change your routine so this doesn't happen tomorrow?"



OUR FAMILY GROWTH MOTTO

"Mistakes are just data for our next attempt!"

