**Raising Successful Children**

The Most Successful Kids Have Parents Who Give Them These 10 Things:

## Provide consistent praise.

It may be hard to find reasons to praise a child who simply meets expectations. But that’s why it’s so important to try. A few words of recognition, especially when that recognition is given publicly, could be just the nudge your child needs.

## Display extraordinary patience.

Showing patience is a great way to let our kids know we truly care about them.

## Are quick to forgive.

When a child makes a mistake, especially a major mistake, it’s easy to start to view him or her through the perspective of that mistake. But one mistake, or one weakness, is just one part of the whole person. Instead, step back, set aside the mistake, and think about the whole child.

## Pay attention… but also provide privacy.

Lives have become increasingly more like open books, and we’ve started to feel we have a right to know more about others than we ever did. Even when your kids are concerned, sometimes you don’t have the right to know. And often you don’t need to know. That’s why sometimes the best gift you can give is the gift of privacy, not asking, not prying, and yet always being available if and when your child does want or need to share.

## Are happy to ask for help.

Asking someone for help shows you respect that person’s experience, skill, and insight. By asking your children for help, they’ll automatically feel greater self-respect, self-esteem, and self-worth, because they’ve received one of the greatest gifts of all: Knowing they made a difference in another person’s life.

## Give the right opportunities.

Take the time to help children develop the skills they may someday want to use. Help your kids work toward their dreams, and when you can, help them open doors that might otherwise have remained closed. Or better yet, show them how to open doors themselves.

## Provide freedom and responsibility.

Feeling personal satisfaction is largely based on autonomy and independence. Kids and adults care the most when it’s “theirs.” They care the most when they feel they have the responsibility and authority not just to what they’re told, but to do what they feel is right.

## Give a little tough love.

I’m not perfect. You’re not perfect. We all want to be better than we are. Yet we fall into habits, fall into patterns, and develop blind spots. We all need advice, guidance, and sometimes a swift kick in the pants.

## Provide respect –and with it, dignity.

Sometimes your kids mess up. No matter what they’ve done, though, they still deserve to be treated with respect. Sarcasm, eye rolling, and biting comments all chip away at a child’s self-respect. Allow them to maintain a sense of dignity in the worst of circumstances. After all, you may have to discipline your kids, but you never, ever have to demean or humiliate them.

## Give a sense of purpose.

Fulfillment is often found in becoming a part of something bigger. We all love to feel that special sense of teamwork and togetherness that turns a task into a quest, that turns a group of individuals into a family. Give your kids a sense of purpose. Help them care by helping them to understand why they should care.

If you would like additional support, have questions about parenting, or would be interested in family counseling please contact VITAL WorkLife at 1-800-383-1908. Your EAP benefit includes face to face counseling sessions, as well as unlimited telephone counseling available to you day and night.

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