

# Mentally Strong Kids Have Parents Who Refuse to Do These 5 Things

## 1. Solve problems for them:

They encourage their kids to solve challenges on their own, **providing guidance only when necessary.**

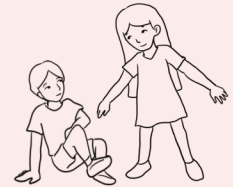
This helps children develop confidence in their abilities.



## 2. Support a victim mentality:

They teach their kids to see themselves as capable and strong, **not victims of circumstances.**

This helps children develop confidence in their abilities.



## 3. Shield their kids from pain:

They let their kids face challenges head-on, knowing that dealing with tough times is a big part of growing up.

Children learn to manage difficulties and see them as **opportunities.**



## 4. Require perfection:

They set realistic expectations and understand that mistakes are part of learning.

This reduces pressure on kids.



## 5. Order their kids around:

They talk things out instead of just giving orders.

This helps kids feel heard and part of the team, building their confidence and decision-making skills.



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"As my kids grow older **I feel more confident in my parenting ability** knowing that I can always go back to Big Life Journal for help."

-Noelle

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