

Teaching “GRIT” to Our Kids !!!

☺ “Love and Logic” to the Rescue ☺

Dear Eastside Families,

Perseverance is the key to building grit. There is no doubt that kids who develop grit will lead happier, healthier, and more productive lives than those who don't. Listed below are a few “grit builders” with corresponding “grit stealers.”

Grit Builders		Grit Stealers
Allow your kids to make affordable mistakes and live with the consequences.	➡	Micromanage or rescue your kids.
Celebrate effort, hard work, and perseverance.	➡	Constantly tell them that they are bright, gifted, or exceptionally talented.
Let them see you make mistakes.	➡	Model perfectionism.
Show your kids that you maintain a positive attitude when you make mistakes.	➡	Talk badly about yourself when you make mistakes.
Guide your kids toward getting along well with their teachers and coaches.	➡	Talk to their teachers and coaches, ensuring that things go smoothly for your kids.
Expect your kids to do their fair share of chores.	➡	Treat your kids like a guest at a resort for the rich and famous.
Let them hear you discussing how trials build mature character.	➡	Let them hear you complaining about the trials you face.
Let them wait for what they want.	➡	Immediately gratify their desires.
Allow them to experience a natural and full range of emotions. Show that you care by expressing empathy.	➡	Try to keep them happy at all times. Give them the impression that life should never be upsetting or stressful.

Teaching GRIT and perseverance to our kids isn't complicated. However, it does require a willingness to allow our kids to experience healthy challenges as they grow. It also requires that we allow them to make mistakes (and even fail sometimes), take responsibility/ownership for solving and fixing their problems/mistakes, as well as let them see that they do, in fact, have what it takes-- to cope with life's challenges.

Thanks for Reading ☺

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☺ For more practical parenting ideas, check out www.loveandlogic.com

