



## HOW TO RAISE AN ADULT: BREAK FREE OF THE OVERPARENTING TRAP AND PREPARE YOUR KID FOR SUCCESS

A "MUST READ" New York Times Bestseller by Julie Lythcott-Haims

### JOIN THE "PARENT MOVEMENT"

1. Read the "MUST READ" HOW TO RAISE AN ADULT Book (in print, digital or audio formats)
2. Review lots of online resources from the author and list below:
  - Visit JulieLythcottHaims.com
  - Follow social media: @raiseanadult on Twitter and How to Raise an Adult Facebook page
3. PRACTICE BEING AN AUTHORITATIVE PARENT!
4. Attend a March "book club" discussion (see dates below)
5. Join the "Raising Independent Adults - Westport Parent Support Group" on Facebook. Continue the conversation with other like-minded parents
6. Create a community that supports these "child raising values"

### NO TIME TO READ THE WHOLE BOOK?

Learn about author's message with these online resources:

Watch videos on YouTube or JulieLythcottHaims.com/videos:

1. "Are Helicopter Parents Ruining a Generation", The Atlantic (author's 2 min. video)
2. "How to Raise an Adult Book Summary" (5 min. YouTube video from Parent Like a Teacher)
3. "TED Talk -- How to Raise Successful Kids --without overparenting" (YouTube, 14 min. video)
4. "How to Raise an Adult" Book Tour Presentation (author's 1 hour recorded presentation)

Read her articles:

1. "The Over-Parenting Trap: How to Avoid 'Checklisted' Childhoods and Raise Adults", Time.com
2. "Kids of Helicopter Parents are Sputtering Out", Slate.com
3. "Former Stanford Dean Shares the 8 Skills Everyone Should Have by Age 18", BusinessInsider.com

TRY TO MAKE THE TIME TO READ THIS "MUST READ" BOOK!

### ATTEND A MARCH BOOK CLUB\* (TENTATIVE)

For PreK and Elementary School Parents:

Tuesday, March 24, 2020 – 9:30am and 7pm

For Middle and High School Parents:

Wednesday, March 25, 2020 – 9:30am and 7pm

Location for all events: **The Westport Library, Brooks Place**

*\*Minimum attendees needed to hold each event*

### ADDITIONAL ONLINE RESOURCES (not from author)

1. **The Search Institute's 40 Developmental Assets by age group:** (External Assets & Internal Assets) ([searchinstitute.org](http://searchinstitute.org))
  - Early Childhood: Ages 3-5
  - For Children in Grades K-3 (ages 5-9)
  - For Middle Childhood (ages 8-12)
  - For Adolescents (ages 12-18)
2. **Challenge Success** ([challengesuccess.org](http://challengesuccess.org))
3. **Character Lab** ([characterlab.org](http://characterlab.org))

### SAMPLE LIST OF HOW OVERPARENTING CAN BE HARMFUL

#### KIDS CAN:

- Lack self-confidence, self-esteem
- Lack resilience
- Lack positive coping skills
- Lack basic life skills
- Lack autonomy
- Lack the ability to think for themselves
- Lack the ability to solve their own problems
- Lack self-efficacy
- Lack decisiveness
- Lack common sense
- Lack a parent's trust and confidence to perform basic tasks
- Increase mental health problems
- Be unprepared socially and emotionally and not ready for independence by age 18, not able to thrive in college or life

#### PARENTS CAN:

- Undervalue their kid's capabilities which can delay their development
- Put their own stress, anxiety and fears onto their kid
- Raise kids out of "fear" and with their egos instead of "love"
- Focus too much on a "checklisted childhood" for their kid's "college-resume"
- Feel pressured to "keep up with the Jones" and have "perfect" kids
- Lack trust of other authority figures (teachers, school administrators, coaches, etc.) in their kid's life to do their job
- Not focus enough on good character over grades, achievement and accolades
- Not pursue their own passions outside their kid
- Unintentionally harm their kid's mental well-being which may be preventable
- Fail to launch their 18-year-old successfully. Let down their kid
- Not enjoy retirement with the financial and emotional burdens of supporting their adult kid well into their 20s and possibly much later

### THE UNINTENTIONAL MESSAGE KIDS LEARN OVER TIME:

Kids are not capable of thinking, doing things for themselves and making decisions for themselves without their parent's help! As a result, kids are unprepared for life!

### GOAL OF RAISING KIDS:

**"PUT YOURSELF OUT OF A JOB!"**

- Allow kids to learn skills over time that will lead to their independence by age 18.

### RAISING INDEPENDENT ADULTS –QUOTE: (not from book)

**"One day, your kid will decide to FIRE YOU as their parent. Don't SUE FOR WRONGFUL TERMINATION! Your job is to figure out how to get REHIRED AS THEIR CONSULTANT"** (that can happen if you've built a loving, trusting, respectful and supportive relationship with your kid!)

### TIPS FOR PARENTS ON HOW TO PREVENT OVERPARENTING & BASIC LIFE SKILLS KIDS NEED, AGE 2-18 →

**FOR PARENTS:  
SAMPLE TIPS ON HOW TO PREVENT OVERPARENTING**

- Be an **AUTHORITATIVE PARENT** – the most effective “Parent Style”
- Show unconditional, love, support and encouragement
- Develop a trusting relationship with your kid
- Give unstructured time, value free-play and sleep
- Teach and role model positive coping skills
- Teach and role model kindness, gratitude and respect
- Focus on your kid building good character
- Teach your kid basic life skills (see sample list to the right)
- Talk to your kid and be an active listener
- Teach and role model healthy financial values
- Build a support network for your kid and yourself
- Let your kid speak up
- Teach them how to think
- Let your kid fail, normalize struggle and hard work
- Let your kid be in charge of their work
- Set reasonable limits and expectations
- Let your kid chart their own path
- Expand your mindset about colleges (find the right fit for your kid)
- Define “SUCCESS” more broadly
- Prioritize your own health, wellness and self-care
- Discover your own passion and purpose outside of your kid
- Be the parent you want to be

**Prevent OVERPARENTING Today!  
Read this “MUST READ” book  
packed with great wisdom!**

**REWARDS FOR RAISING AN INDEPENDENT ADULT:**

- You’ll have PEACE OF MIND and PRIDE for teaching your kid well and launching your THRIVING adult kid successfully into the world.
- You can RELAX and ENJOY your “GOLDEN YEARS” more than parents who overparent.
- You’ll have less stress knowing your kid has the confidence to handle challenges and setbacks.
- You’ll have your own purpose and can enjoy watching your adult kid grow through their adult stages of life.

**FOR KIDS (AGE 2-18):  
SAMPLE LIFE SKILLS NEEDED FOR GRADUAL INDEPENDENCE**

**Ages 2-3 Small Chores and Basic Grooming**

- Help put his/her toys away
- Dress himself/herself (with some assistance) and put clothes in the hamper
- Assist in setting the table & help to clear plate his or her after meals

**Ages 4-5 Important Names and Numbers**

- Know full name, address, and phone number and how to make an emergency call
- Perform simple chores such as dusting, clearing the table, or feeding a pet
- Understand how money is used
- Choose own clothes & put clothes away

**Ages 6-7 Basic Cooking Techniques & Additional Chores**

- Make a basic meal such as a sandwich
- Help put groceries away
- Use household cleaners safely

**Ages 8-9 Pride in Personal Belongings & Additional Chores**

- Fold clothes
- Take out trash
- Count and make change

**Ages 10-13 Gaining Independence**

- Stay home alone
- Learn to use the washer and dryer & basic hand tools
- Plan and prepare a meal with several ingredients
- Go to a store and make purchases for him or herself

**Ages 14-18 Advanced Skills**

- Fill a car with gas or change a tire
- Prepare a meal
- Interview for and get a job
- Read and understand medicine labels and dosages

**Young Adults- Preparing to Live on His or Her Own**

- Talk to strangers (faculty, deans, advisors, landlords, store clerks, co-workers, bank tellers, etc.)
- Be able to find their way around (town, campus, the world around them, transportation systems, etc.)
- Manage their own assignments, workload and deadlines
- Make health appointments for themselves
- Manage car maintenance
- Understand basic contracts like a car or apartment lease
- Contribute to running of a household
- Handle interpersonal problems
- Cope with ups and downs
- Earn and manage money, bank accounts, credit card and balance finances
- Take risks – try, fail, try again!

**TEACH BASIC STRATEGY TO BUILD SKILLS IN YOUNG KIDS:**

**Step 1: First we do it FOR you,**

**Step 2: then, we do it WITH you,**

**Step 3: we WATCH YOU do it,**

**Step 4: then YOU DO IT completely INDEPENDENTLY**

REACHING STEP 4 IS CRITICAL!

(i.e. learning to cross the street, ride a bike, make a meal)

-Parent feels confident they taught their kid well

-Kid feels confident and independent over time learning basic life skills

**“Don’t do for your kid what they can *already do*, or  
can *almost do* for themselves!” (book quote)**