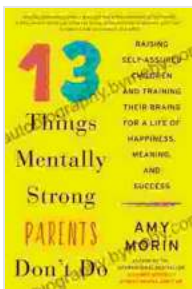


13 Things Mentally Strong Parents Don't Do: A Guide to Raising Resilient, Successful, and Happy Kids

As a parent, you want the best for your child. You want them to be happy, healthy, and successful. But in today's world, it can be difficult to know how to raise a child who is mentally strong and resilient. That's where 13 Things Mentally Strong Parents Don't Do comes in.



13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success by Amy Morin

★★★★☆ 4.7 out of 5

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| Language | : English |
| File size | : 2266 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 353 pages |

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This groundbreaking book by Amy Morin, a licensed clinical social worker and psychotherapist, will help you understand the importance of mental strength in your child's life. You'll learn how to avoid the common mistakes that parents make and instead create a positive, nurturing environment for your child to thrive.

In *13 Things Mentally Strong Parents Don't Do*, you'll discover how to:

- Help your child develop a healthy self-esteem
- Teach your child how to cope with stress and adversity
- Encourage your child to be independent and self-reliant
- Help your child build strong relationships
- Create a positive and supportive home environment

13 Things Mentally Strong Parents Don't Do is packed with practical advice and real-life examples. It's a must-read for any parent who wants to raise a happy, healthy, and successful child.

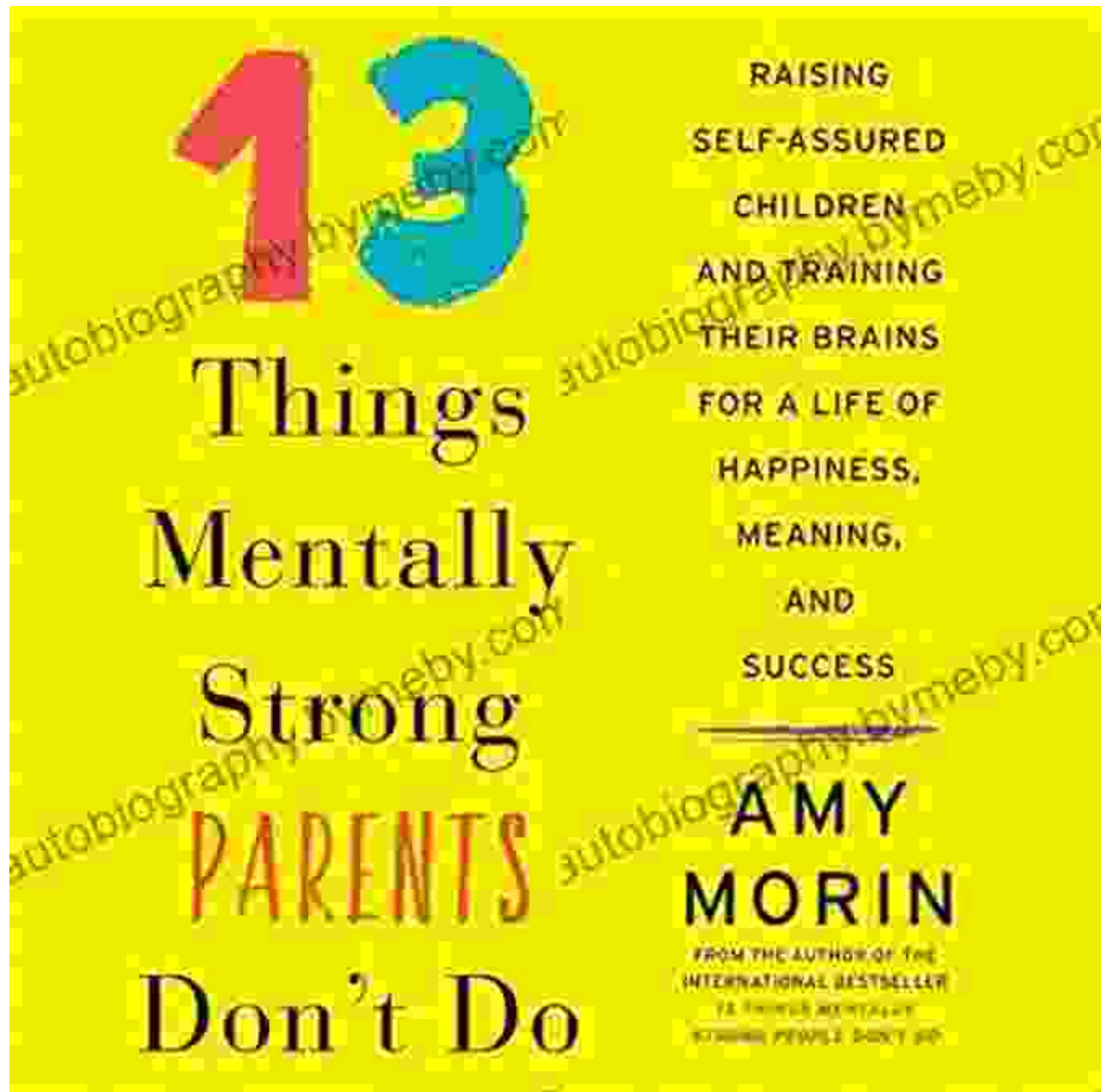
1. They don't make their children the center of their universe.



It's natural to want to shower your child with love and attention. But when you make your child the center of your universe, it can actually do more harm than good. Children who are constantly the center of attention can become spoiled, entitled, and self-absorbed. They may also have difficulty developing healthy relationships with others.

Instead of making your child the center of your universe, focus on creating a balanced life for yourself and your family. Make time for your own interests and relationships, and teach your child the importance of independence.

2. They don't try to control every aspect of their children's lives.



It's important to set limits and boundaries for your child. But when you try to control every aspect of their life, it can stifle their growth and development. Children who are constantly controlled may become resentful, rebellious, and withdrawn. They may also have difficulty making decisions for themselves.

Instead of trying to control your child's life, give them the opportunity to make their own choices. Let them make mistakes and learn from their experiences. This will help them develop a strong sense of independence and self-reliance.

3. They don't bail their children out of every problem.

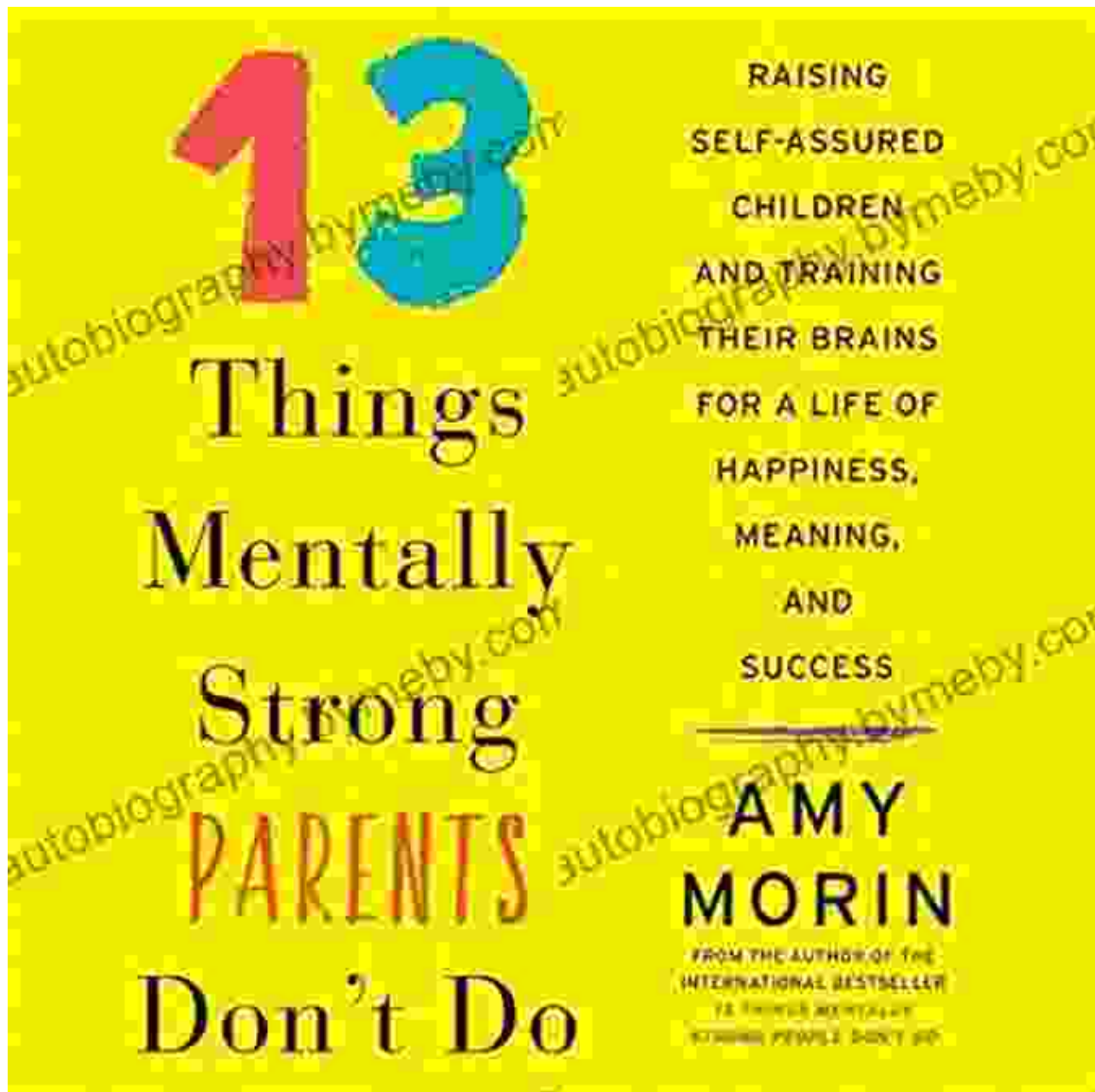


It's natural to want to protect your child from pain and disappointment. But when you bail them out of every problem, you're actually ng them a disservice. Children who are never allowed to face challenges will never learn how to overcome them.

Instead of bailing your child out of every problem, help them to develop the skills they need to solve problems on their own. This will help them build

resilience and self-confidence.

4. They don't compare their children to others.



Every child is unique and special. When you compare your child to others, you're sending the message that they're not good enough. This can damage their self-esteem and make them feel like they're constantly falling short.

Instead of comparing your child to others, focus on their individual strengths and talents. Celebrate their accomplishments and help them to improve their weaknesses. This will help them to develop a healthy sense of self-worth.

5. They don't give up on their children.



Parenting is hard. There will be times when you want to give up. But it's important to remember that your child needs you, no matter what. When you give up on your child, you're sending the message that they're not worth your time and effort. This can have a devastating impact on their self-esteem and development.

Instead of giving up on your child, stick with them through thick and thin. Be there for them during the tough times, and celebrate their successes with them. This will show them that you love them unconditionally, and that you believe in their ability to succeed.

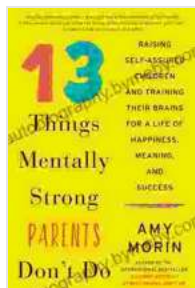
6. They don't expect perfection.



No one is perfect, not even your child. When you expect perfection, you're setting your child up for failure. This can damage their self-esteem and make them afraid to take risks.

Instead of expecting perfection, focus on helping your child to reach their full potential. Celebrate their strengths and help them to improve their weaknesses. This will help them to develop a healthy sense of self-acceptance.

7. They don't take their children's behavior personally.



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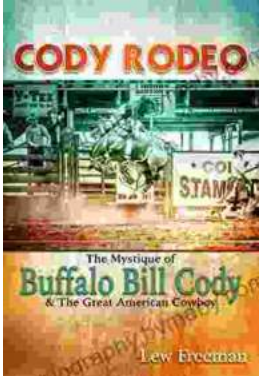
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