

Authentic Success: Parenting for the Long Run

Woodson High School

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What Does Success Mean To You?

- ▶ For your child:
 - ▶ Now?
 - ▶ At age 30?
 - ▶ Does it change when your child's age changes?
- ▶ For you as a parent?



Looking Long Term - Authentic Success



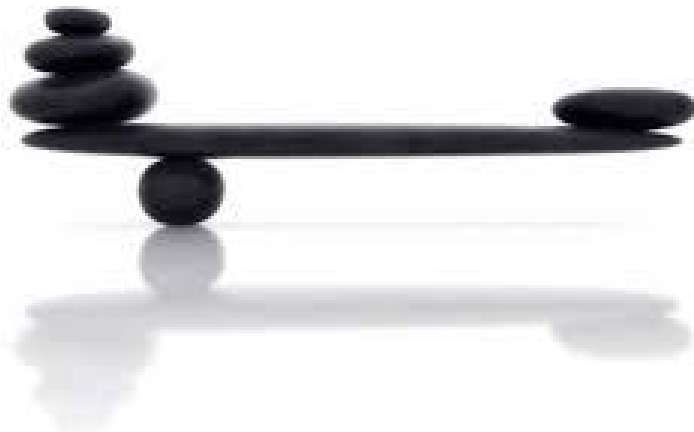
Core Values: A Parent's Guide



Societal Values:

OVER emphasis on...

- ▶ Competition
- ▶ Performance
- ▶ Accomplishment
- ▶ Rewards
- ▶ Extrinsic motivation



UNDER emphasis on...

- ▶ Cooperation
- ▶ Delay of gratification (Self Control)
- ▶ Failure/resilience
- ▶ Autonomy
- ▶ Empathy
- ▶ Gratitude
- ▶ Intrinsic Motivation
- ▶ Developing a sense of self

Character traits highly related to happiness and success

- ▶ Resilience (grit)
 - ▶ Self control
 - ▶ Curiosity / Enthusiasm / Zest
 - ▶ Self efficacy / Self confidence / Optimism
 - ▶ Gratitude
 - ▶ Tenacity/persistence
 - ▶ Work ethic/conscientiousness
- ▶ Sources include Seligman, Peterson, Duckworth, Mischel, and Roberts

Key to Authentic Success: Learn Self Control



Self Control (Delay of Gratification)

- ▶ More ability to delay gratification is tied to:
 - ▶ Greater academic achievement
 - ▶ Greater self-esteem
 - ▶ Lower substance abuse
 - ▶ Greater relationship satisfaction

- ▶ We live in an “on demand” world!
- ▶ Create opportunities for your children to practice self control

- ▶ Sources include Dr. Walter Mischel

Key to Authentic Success: Develop Internal Coping Skills



Why is it important to develop internal coping skills?

- ▶ “Happiness is an inside job”
- ▶ Kids need internal solutions to resolve internal distress
- ▶ More positive coping strategies lead to fewer risky behaviors
- ▶ Crucial to stress management
- ▶ Avoid intervening to help children cope with feelings
 - ▶ Makes children dependent on others for emotional relief
 - ▶ Trains kids to look for temporary, external solutions to problems

Key to Authentic Success: Respect Autonomy



*'But mum, I'm
nearly seventeen'*

Why is independence so important?

- ▶ Fulfills our innate needs for competence and autonomy
- ▶ Competence -> confidence -> self esteem
- ▶ Confidence is required for resilience
- ▶ Strengthens self efficacy, which reduces stress
- ▶ Prevents us from overparenting
- ▶ Prepares our child for the future
- ▶ One of the greatest challenges for parents!

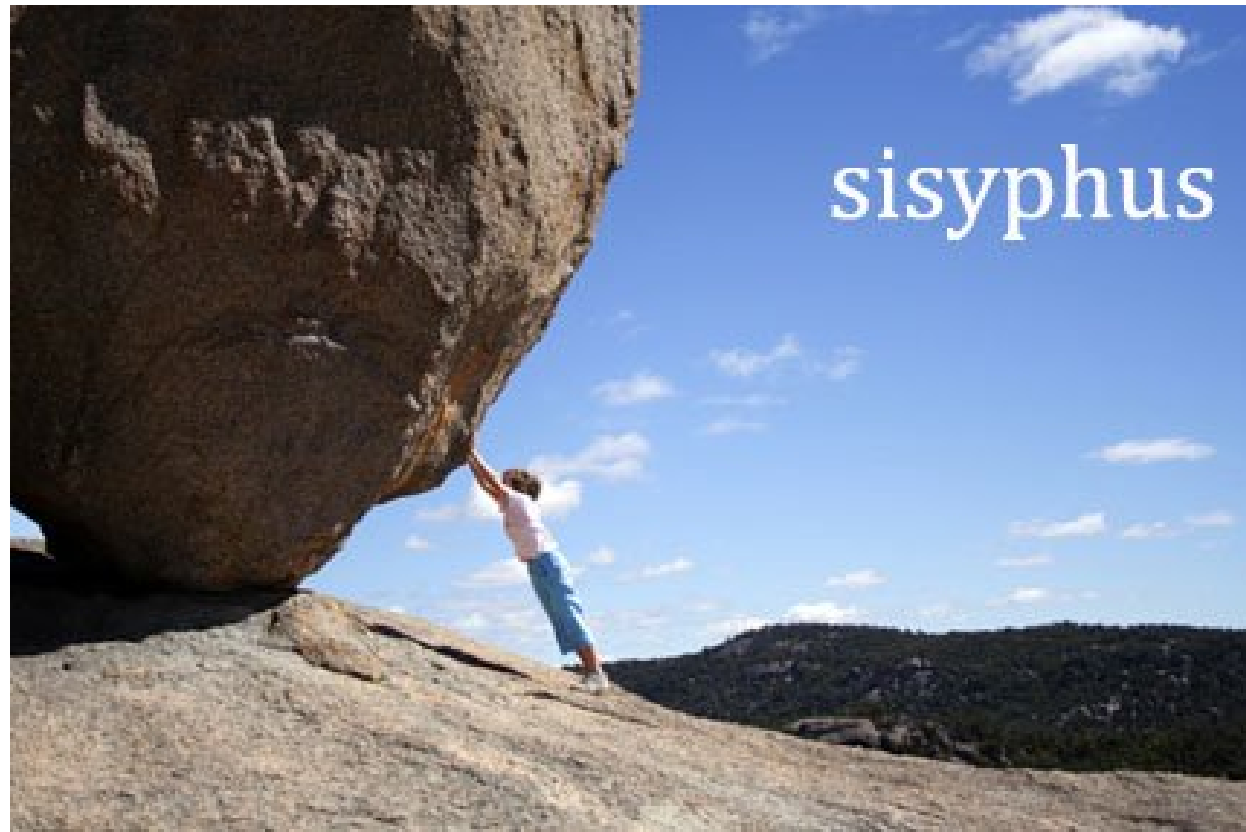
Key to Authentic Success: Safeguard Intrinsic Motivation



Intrinsic versus extrinsic motivation

- ▶ Renewable versus finite resource
- ▶ Intrinsic motivation leads to:
 - ▶ Increased academic achievement
 - ▶ Increased happiness and self-esteem
 - ▶ Increased creativity and “flow”
- ▶ Rewards turn intrinsic into extrinsic motivation
 - ▶ Effort stops when reward stops
- ▶ Sources include Dr. Carol Dweck

Key to Authentic Success: Focus On Effort, Not Results



Mindsets

Dr. Carol Dweck

▶ Growth Mindset

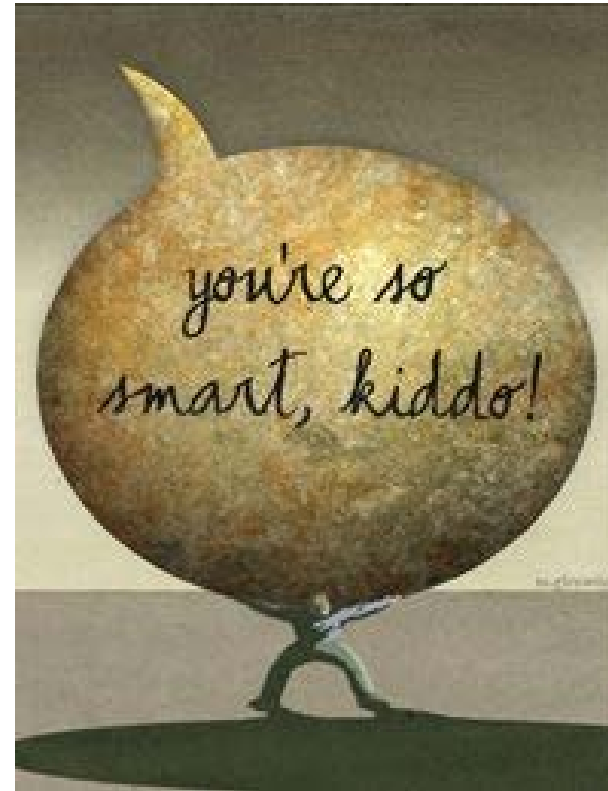
- ▶ Effort determines outcome
- ▶ Mistakes are opportunities to learn
- ▶ Leads to perseverance and resilience
- ▶ Key word: YET

▶ Fixed Mindset

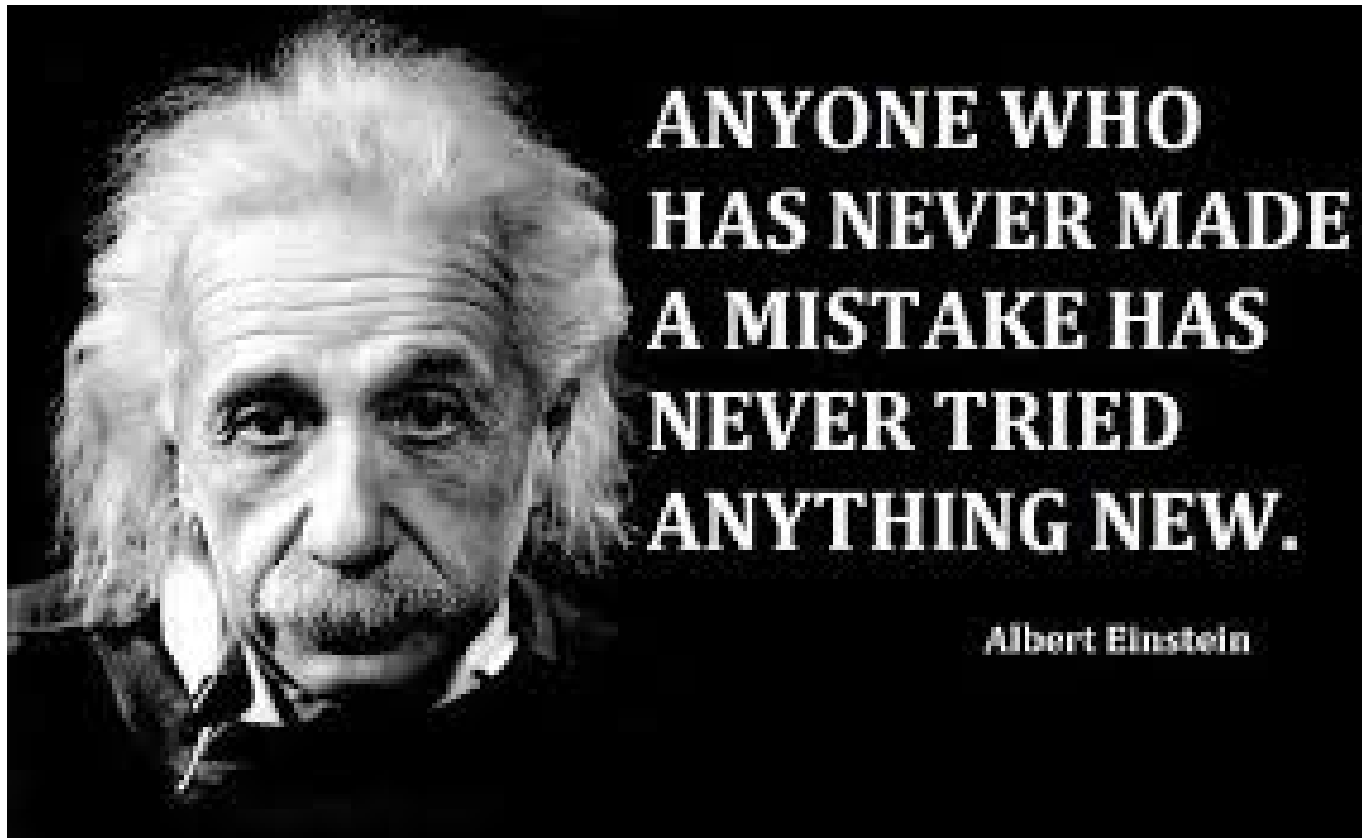
- ▶ Ability is inborn
- ▶ Shies away from challenge
- ▶ Fears making mistakes
- ▶ Lower achievement

▶ Mindsets can be changed

▶ How we talk to our children affects their mindset



Key to Authentic Success: Do Not Fear Failure



The importance of failure

- ▶ Need to teach children that failure is inevitable and good
- ▶ Fear of failure is very stressful
- ▶ Resilience requires ability to cope with failure
- ▶ We send a damaging message to kids when we shield them from failure and negative emotions
 - ▶ “I don’t think you are capable of coping with this yourself”
 - ▶ Can hurt child’s connection, competence and autonomy
- ▶ Let your kids fail when you are around!
- ▶ Parents need to examine own attitudes toward failure

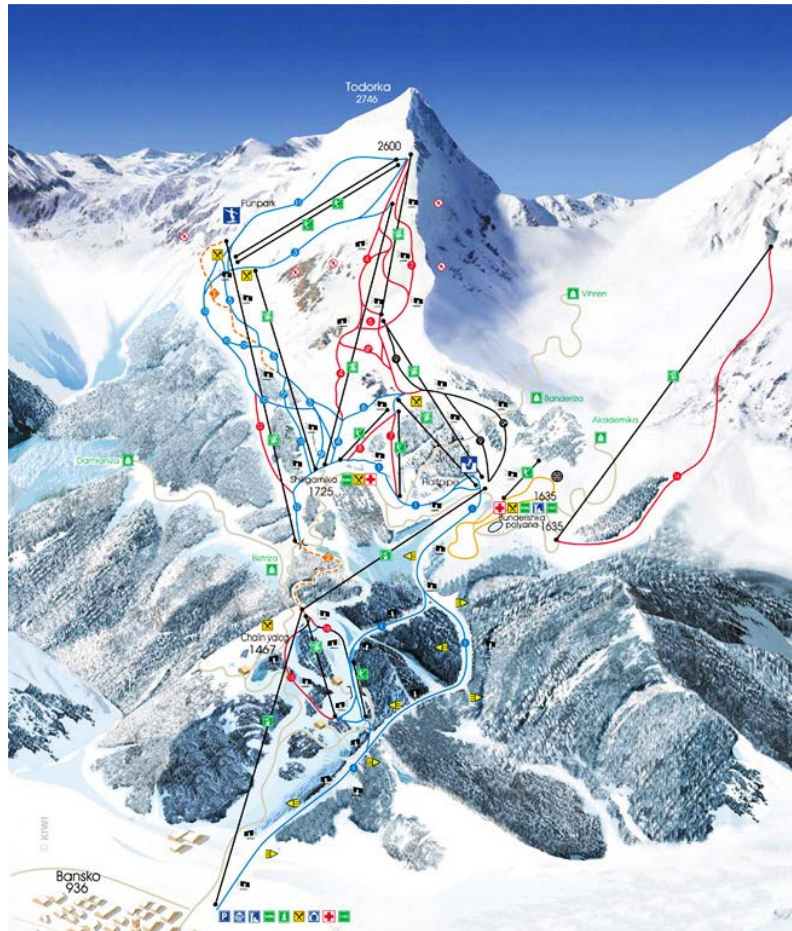
Key to Authentic Success: Promote Resilience



A Parent's Quick Guide to Encouraging Resilience

- ▶ Unconditional love is the foundation for resilience
- ▶ Don't overparent!
- ▶ Children live up or down to their parents' expectations
 - ▶ Give a vote of confidence!
- ▶ Confidence is necessary for resilience.
Competence breeds confidence.
- ▶ A sense of control is required for children to develop the strength to overcome challenges (autonomy)
- ▶ Sources include Dr. Kenneth Ginsburg

Key to Authentic Success: See Multiple Paths



Don't buy into the fallacy that there is only one road to a successful adulthood!



B. S m a l l e r

"Don't cry, Mom. Lots of parents have children who didn't get into their first-choice college, and they went on to live happy, fulfilled lives."

GN
COLLECTION

Final thought...

“We would do well to start thinking about success not in terms of today, the next grading period, or the next year, but in terms of what we hope for our children ten or twenty years down the line. It requires both courage and imagination to parent with this long view, but it is also the most effective way to ensure that our children have satisfying, meaningful lives.”

— Dr. Madeline Levine, Teach Your Children Well



Thank you for listening!

Any questions?



Questions for Notecards

- ▶ What are your biggest parenting challenges or frustrations?
- ▶ What would you like to learn more about in a future program?
- ▶ Would you like a group discussion, formal presentation, or hybrid?

Some good resources for further reading

- ▶ Madeline Levine, The Price of Privilege, 2006
- ▶ Madeline Levine, Teach Your Children Well, 2012
- ▶ Wendy Mogel, The Blessing of a B Minus, 2010
- ▶ Carol Dweck, Mindset, 2006
- ▶ Paul Tough, How Children Succeed, 2013
- ▶ Kenneth Ginsburg, Building Resilience in Children and Teens, 2011

For More Information

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