

## Dear Readers:

A parent forwarded this article to me last year which is based on an interview with Dr. Tim Elmore and I thought that it was worthy of featuring in the Counselling Corner. Here is the article: **Seven Parenting Traps to Avoid** - If you wish to raise independent resilient children, DON'T fall into these traps!

1. We overprotect our kids and don't allow them to experience risk. If a child experiences a 2 ft fall, they will quickly learn where the boundaries are and avoid the 10 ft fall next time.
2. We rescue too quickly and rush to solve problems for our kids rather than teach them how to solve their own problems.
3. We heap false praise on our kids when it's not always warranted. By constantly telling our children they are amazing, they may face some harsh realities outside the comforts of home.  
(I am adding this part: Ask your child how they feel about what they have done and then thank them for sharing. Promoting their intrinsic thinking pathway is a key component to supporting their executive functioning development skills)
4. We are afraid to say 'no' because we want our kids to like us. It is normal and natural for children to be angry at their parents. This feeling will pass and they will soon learn that in life you can't always get your own way.
5. We don't share our past mistakes. It is good to share how you dealt with challenges at their age, what you learned, and how they can make better choices.
6. We confuse intelligence for maturity. Even the brightest children will lack skills in certain areas of their life. Watch and compare your child to other children of the same age to decide what they are ready for.
7. We don't practice what we preach. We need to model what it means to be a good person if we want our children to do the same.

*The Counselling Corner is intended to offer some helpful advice, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca).*

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