**CHM Leadership Certification**

**Level #10, Course #6**

**7 Biggest Mistakes that Destroy A Kid’s Mental Strength**

**Tanya Muganda, GC Children’s Ministries**

**(Presenter’s Notes)**

**7 Biggest Mistakes that Destroy a Kid’s Mental Strength.**

1. **Minimizing Your Kid’s Feelings**
* Kids need to know that it’s healthy to express and talk about their emotions.
* When parents tell their kids things such as

--“Don’t be so sad about it” or “It’s not a big deal,” they’re sending the message that

 feelings don’t matter and that it’s better to suppress them.

* If your kid is displaying expressions of fear during a loud storm, for example, consider saying, “I know you’re scared right now.”
* Then ask them what they think would make them feel better.
* This teaches them how to manage and cope with emotions on their own.

The goal is to help them practice brainstorming solutions until they find something that works.

**Assurance from the Bible John 14:27**

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives.*

*Do not let your hearts be troubled and do not be afraid.”*

**Ellen White, *Mind, Character, and Personality*, p. 466**

*“It is not work that kills; it is worry. The only way to avoid worry is to take every*

 *trouble to Christ. Let us not look on the dark side. Let us develop cheerfulness*

*of spirit.”*

1. **Always Saving Them from Failure**
* As parents, it’s hard to watch our children struggle through challenges that we know we can easily fix*for* them.
* But think of it this way:
	+ If your kid is doing poorly in school, you know that telling them the homework answers will only backfire, because you can’t be in the classroom when they have to complete those tests on their own.
* Failure is a big part of success.
* If kids are never given the chance to learn the lessons that come with failure.
* They’ll never develop the perseverance they need to rise back up after a setback.

**Proverbs 24:16**

*“For the righteous falls seven times and rises again, but the wicked stumble*

*in times of calamity.”*

1. **Overindulging your Kids**
* Kids love stuff
* Parents love giving it to them.
* But [research shows](https://www.heysigmund.com/how-to-increase-self-control-in-children/) that when you give your kids whatever they desire, they miss out on skills related to mental strength, such as self-discipline.
* You want your kids to grow up knowing that it’s possible to achieve what they want — if they work for it.
* Parents can teach their kids to learn self-control by setting clear rules for things like finishing homework before screen time or doing chores to boost allowance (so they can buy things on their own, while knowing they*earned* it).

**Amy Morin, LCSW, Psychotherapist**

*“When you start saying no, and stop overindulging your child, you’re likely*

*to see increased behavior problems. Your child will likely retaliate and do*

*everything in his power to undermine your efforts. But if you become more*

[*authoritative*](https://www.verywellfamily.com/ways-to-become-a-more-authoritative-parent-4136329)*, you’ll*[*teach your child the valuable life skills*](https://www.verywellfamily.com/life-skills-your-discipline-should-teach-your-kids-1095032)*he needs*

*to become a responsible adult.”*

***Child Guidance, p. 234***

*“Blind affection for those who are connected with us by the ties of nature too*

*often exists. This affection is carried to great lengths; it is not balanced by the*

*wisdom or the fear of God. Blind parental affection is the greatest obstacle*

*in the way of the proper training of children. It prevents the discipline and*

*training which are required by the Lord."*

1. **Expecting Perfection**
* It’s natural to want your child to aim for big goals and be the best at everything.
* But that’s not how things work.
* Setting the bar too high leads can lead to self-esteem and confidence issues later in life.
* Build mental strength in your kids by making sure expectations are realistic.
* And even if your kids don’t meet them, the setbacks they face will still teach them valuable life lessons
* And how to succeed the next time around.
1. **Making Sure They Always Feel Comfortable**
* There are many things that might make your kid feel uncomfortable, especially when it involves doing something new:

-- Trying new foods, making new friends,

-- Playing a new sport

-- Moving homes and having to go to a new school.

* But just like failure, embracing uncomfortable moments can boost mental strength.
* Encourage your kids to try new things. Help them get started, because that’s the hardest part.
* But once they take that first step, they might realize that it isn’t as difficult as they thought it’d be — and that they might even be good at it!
1. **Setting Parent-Child Boundaries**
* You want your kids to make their own decisions, but they also need to know you’re the boss.
* For example, if you set a curfew for your 12-year-old, make sure they stick to it every night (or as much as possible).
* Kids who are mentally strong have parents who understand the importance of boundaries and consistency.
* Caving in and allowing rules to be negotiated too often can lead to power struggles between you and your child.
1. **Not Taking Care of Yourself**
* The older we get, the harder it becomes to maintain healthy habits (e.g., eating healthy, exercising daily, taking time to restore).
* That’s why it’s important to model self-care habits for your kids.
* It’s also critical to practice healthy coping skills in front of your children.
* For example, if you’re stressed about work, consider telling your child, “I had a very tiring day at work, and I’m going to relax with tea and a book.”

**What does the Bible say about Mental Strength?**

***Philippines 4:6-7***

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

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**Reference:**

**7 Biggest Parenting Mistakes That Destroy Kids Mental Strength**

**by**

**Tracey Hutchinson PHD, LMHC**