**13 Things Mentally Strong Parents Don’t Do**

* **They don’t condone a victim mentality**
  + Rejection failure and unfairness are part of life
  + They help kids identify ways to turn struggles into strength
* **They don’t parent out of guilt**
  + Guilt is uncomfortable, but tolerable.
  + Guilt shouldn’t get in the way of making wise parenting choices
* **They don’t make their children the center of the universe**
  + Teach your kids to focus on what they have to offer the world, rather than what they are owed…prevent entitlement
* **They don’t allow fear to dictate their choices**
  + Protecting your child lessens your own anxiety, but it prevents your kids from experiencing life
  + Parent is guide, not protector
* **They don’t give their children power over them**
  + Kids who dictate how the family operates have too much power.
  + Equality isn’t healthy
  + Allow choices while maintaining a clear hierarchy
* **They don’t expect perfection**
  + Recognize that your kids are going to make mistakes
  + Encourage kids to be the best versions of themselves, rather than better than everybody else
* **They don’t let their children avoid responsibility**
  + Teach kids to take responsibility with choices and chores
* **They don’t shield their kids from pain**
  + Support your kids and help them learn to cope with pain, rather than rescuing them from it.
* **They don’t feel responsible for their kids’ emotions**
  + Regulating your kids’ emotions for them robs them of the opportunity to experience and tolerate discomfort
  + Teach them to be responsible for their own emotions rather than depending on others to do it for them
* **They don’t prevent their children from making mistakes**
  + Allow them to mess up and face the natural consequences of their actions
* **They don’t confuse discipline with punishment**
  + Punishment is about making a kid suffer
  + Discipline is about teaching a child how to do better in the future
  + Discipline teaches kids to develop self-discipline so they make better choices down the road
* **They don’t take shortcuts to avoid discomfort**
  + “Doing for” is faster and easier, but it teaches kids how to be lazy and unaccountable
* **They don’t lose site of their values**
  + Know your values and ensure your family lives according to them, rather than giving in to the pressures of society…other parents, social media, being overworked and tired