



Why We Should Let Our Children Fail

The term helicopter parent has been around for quite some time. It refers to parents who are always around their children making sure that nothing bad happens to them and cleaning up any mess. These are the parents that call the teacher when the student gets a bad grade, or yells at the coach after the game when their child doesn't get as much playing time as the parent expects, or tells the principal that their child would never do something like that. When these parents are doing this, is it healthy for the child? What is the child learning from this? Today we are going to talk about letting our children fail.

Things to Think About-Ideas You Can Use

There are several reasons that parents want to protect their children from failing.

- Parents want their children to be happy.
 - They think that if the child fails at something that the child's self-esteem will be crushed and the failure cycle will just continue.
- Parents don't want to be judged.
 - Some people see their children as a reflection of themselves. If their children fail, they have failed as parent.

What it can do to the children

- Makes them feel incapable of doing something
 - If parents are always doing something for them, the child may get the idea that the parent doesn't think he can do it himself.
- Makes them feel entitled and that others are responsible for their actions
 - They don't worry about consequences because others will talk to the teacher or coach or authorities for them.
- This can carry over to adulthood
 - Not willing to try something new because they might fail

- Scared to leave home
- Have a failure is not an option mentality

Benefits of failure

- Learn from mistakes
- Take responsibility for actions
- Thomas Edison quote on failure: “I have not failed. I've just found 10,000 ways that won't work.”

How a parent can overcome the fear of a failing child.

- Teach your children about failing
 - “Failures, repeated failures, are signposts on the road to achievement. One fails forward toward success.” C.S. Lewis
 - Failing can teach skills like conflict resolution, problem-solving, and dealing with authority figures.
 - Parents should feel responsible to teach their children about how to handle failure.
 - Use 3 questions to help them through
 - What was your part?
 - What are you going to do differently next time?
 - What did you learn from this?
- Don't lower your standards
 - You don't have to lower your standards for your child, but you may change your expectations. Let failure become a stepping stone to success than than something to be avoided.

How to start letting your child fail

- Communicate with your child that he won't succeed in everything everytime.
- Assess your child's needs--are the things you are asking them to do age appropriate or do they need more training to do the task
- Setup check in times--plan times to check on your child to see if they have questions or are on the right track to accomplish a task. Offer suggestions is necessary on how to do it more efficiently.

Resources

- Our website is faithchristiansc.com. You can also find our other podcasts on our website by clicking the Parent Resources button on the homepage.
- If you are interesting in finding out more about our school, you can also check out our website or call 843-873-8464 and ask for Cindy Feagin.
- You can follow us on **Facebook** at Faith Christian School and **Instagram** at faithknights.

- **Books**
 - *Failing Forward* by John Maxwell
 - *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* by Jessica Lahey
- **Websites**
 - Failure Is an Option By Aviva Patz, Parents Magazine,
<https://www.parents.com/kids/development/behavioral/failure-is-an-option/>
 - How to Help Kids Learn to Fail by Beth Arky,
<https://childmind.org/article/how-to-help-kids-learn-to-fail/>
 - 10 Things to Teach Your Kids about Failure,
<https://www.allprodad.com/10-things-to-teach-your-kids-about-failure/>
 - 6 Ways to Help Your Child Overcome the Fear of Failure by Ashley Cullins, Big Life Journal,
<https://biglifejournal.com/blogs/blog/help-your-child-overcome-fear-of-failure>
- **Videos**
 - *Why you should make useless things* by Simone Giertz, Ted Talks
 - *Success, failure and the drive to keep creating* by Elizabeth Gilbert, Ted Talks
 - *The fringe benefits of failure* by JK Rowling, Ted Talks
 - *On being wrong* by Kathryn Schulz, Ted Talks
 - *Grit: The power of passion and perseverance* by Angela Lee Duckworth, Ted Talks