



# EMPOWER YOUR CHILD Parent Success Guide

## Success Strategy 1

**EDUCATE:** From the minute your child enters school, decide to be an active parent in the school they are attending. Don't leave your child's education and development to chance. If this is something you have not done, or have allowed life to get in the way, understand this is the utmost important success strategy you can put into action. It's never too late to get involved—being a partner with your child's educational development is the best gift you can give them.

## Success Strategy 2

**COMMUNICATE:** Be transparent—communicate your adoration, thoughts and concerns as frequently as possible with your child. As parents, educators and adults, we often enter into conversations with our children with a biased mind. We have a tough time being non-judgmental when listening to what our children are trying to tell us. The more you engage in conversation with your child the more comfortable they will feel, but don't always approach that conversation to dig up dirt. Have an open mind. You'll win them over by simply being consistently open and transparent. Children want to be heard more than how much they want to be spoken to.

## Success Strategy 3

**COACH:** Avoid showing up as a parent/coach only when there's a problem or a specific challenge that your child is facing. Be consistent when parenting/coaching at all times. It's tricky, because as a parent you will always have emotions that can create judgement when conversing with your child. The quickest way to alienate your child is by judging them based on what they are trying to share with you. Be open; give advice; guide...don't lead. Ultimately, communicate to empower. It's highly recommended that you register for a parent coaching practices workshop. To learn more about parent/coaching workshops, visit: <https://connectedfamilies.org>

## Success Strategy 4

**BE MINDFUL:** Connect to what is happening around you, and with your child at the present moment. Walk in their shoes, especially at a time where there are so many changes going on in their world. Gen Zers, “are the most connected generation, yet the loneliest generation ever,” according to Cigna Insurance, 2018 research on Millennials and Gen Z. Being open, and being a friend is healthy. Some parents feel that you must be that authoritarian figure; the boss mindset, this doesn’t go over too well with Gen Zers. You must arrive at a win-win and be prepared to (sometimes) be schooled by your own child. For certain they are much smarter than what we give them credit for. Today, they are more informed than us “old schoolers.” Win over their hearts, and you’ll connect better with their brains.

## Success Strategy 5

**BECOME THE BEST PARENT MODEL:** Many parents think that their job is to be the parent you always imagined you would be, or the parent you wish you had. Your real job is to become the parent your child needs now! Each child is different, so being a flexible and informed parent is important. Parenting is a process; take on the tough challenges head on but more importantly enjoy the lovely moments your child will almost always give you in the process. Ride those high tides together. Celebrate the victories, don’t just focus on what your child hasn’t accomplished. Are you expecting them to live your life and fill your dreams, or are you there to offer them a safe platform for them to discover their own passions, ambitions and purpose? Be aware that as you become the best possible parent, understand that children see, learn, and reflect whatever it is you are trying to model.

## Success Strategy 6

**USE DINNER TIME TO IMPROVE OUTCOMES:** A Harvard University non-profit partner found that children that dine with their parents daily, have lower risks in substance abuse, obesity, teen pregnancy, and depression. The study also showed an increase GPAs, vocabulary skills and increased self-esteem. This is the perfect opportunity for you as a parent to grow as a parent/coach. Conversations during dinner time provides valuable results between you and your children.

## Success Strategy 7

**TRAVEL WITH A PURPOSE:** One of the best strategies and activities for development is traveling together. This works year-round, but especially during the summertime. Traveling with a purpose where children can volunteer and serve others truly optimizes their growth and mindfulness. This can include travel within your country and to countries where there is a major need. As children get older, international travel options become more available, and when they travel to serve and impact the lives of others, it becomes the ultimate growth experience. For more information visit the Student and Youth Travel Association (SYTA). They are a leader on this subject. Their recent survey shows that US teachers credit travel as giving their students a myriad of benefits, including 69% increase in independence and self-esteem; 73% increase in willingness to learn and explore, and 74% of students who travel for the first time, want to keep traveling and impacting.

## Success Strategy 8

**EMPHASIZE THAT FAILURE IS ALSO GROWTH:** Contrary to what many parents believe, failing is good for kids. In fact, part of the issue today is that parents are over-protective. Allowing children to fail, gives them real world wake-up calls. It teaches them to cope, to plan better and to learn from mistakes they may have made and the obstacles they faced. When children fail it builds resilience and grit. We should always want our children to learn from their mistakes and apply their new learnings. This will provide better success opportunities in their future.

## Success Strategy 9

**ENCOURAGE HEALTHY BEHAVIORS, ATTITUDES, AND WORLDVIEWS:** Parenting is a thinking game. It takes energy, strategy, and presence. Yet, many parents are unwilling to give it the attention that it deserves. As a result, their children become shaped by the world around them rather than by the parents who love them. Successful parents do not just discourage unhealthy habits, they also intentionally encourage positive habits. They envision the type of person they would like their children to become. They consistently model that behavior for them. They speak lofty expectations into their child's lives. They think the best of their children. They provide opportunities for their children to learn valuable life lessons. And they praise positive habits both privately and publicly.

## Success Strategy 10

**KNOW WHEN TO LET GO.** Parenting is 100% parents trying to shape lives and 100% children choosing their own life. While parenting requires time, energy, love, sweat, and tears, it also requires freedom to allow our children to make their own decisions and choose their own paths. It's challenging to balance; it varies from child to child, but parents who neglect to let go can cause harm. As parents we need to strive to enable our children to make wise choices in order to prepare young men and women to be released into the world as responsible, productive and happy adults.



We hope that our **Parent Success Guide** has provoked thought and action with practical strategies that you can immediately apply as a loving parent. Now more than ever children need to be taught from an early age that succeeding and accomplishing goals and being happy takes discipline, hard work and a serious time commitment. With the pervasive nature of social media and other online platforms, children and teens see countless videos and examples of young people who look for shortcuts to realize success.

Do any of these names ring a bell to you? Zuckerberg, Dell, Jobs, Gates, Wang, Blakely, Winfrey, Sandberg, Combs, Carter, Bezos, Jordan, Brady? What do they all have in common? They are all men and women entrepreneurs, athletes and entertainers that worked extremely hard to make their dreams a success story. Even with all of their individual success, they each share that it was their parents that influenced them the most.

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