

HARLAN COHEN'S Five Simple Rules for Parents

1. GET COMFORTABLE WITH THE UNCOMFORTABLE

Both you and your child will get uncomfortable. Fighting it only creates more stress. Facing it allows you to guide, support and help your child (and yourself).

2. DON'T PANIC! THINK PEOPLE, PLACES AND PATIENCE

Who are your 5 people? Where are your 3 places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.

3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.

Give your child space and time to struggle. Let them practice. Better to have them struggle down the hall than across the country. (Oh, and their victories belong to them too!)

4. APPLY THE 24 HOUR RULE.

When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later, or they will have solved the problem.

5. ASK: WHAT DO YOU THINK YOU SHOULD DO?

After you ask the question, give them 24 hours to answer it. Let them struggle. Direct them to people and places. Be patient. Allow them to get comfortable with the uncomfortable.

