

10 Strategies to TiLT Your Parenting

1 Stop worrying about friends and family who just don't "get it"

What other people think matters less the more comfortable we are with who our child is

Margaret Webb (episode 40)



2 Assume there's a positive intention behind everything our child does

Look for the "why" in their behavior and ask them, *What were you trying to do?*

Anders Ronnau (episode 46)



3 Focus on nurturing our child's strengths

These are the things that will carry them into adulthood and become their passions and careers

Dr. Devon MacEachron (episode 56)



4 Let our kids know they're not broken

Help them see that the things everyone has told them are bad are actually *tremendous gifts*

Peter Shankman (episode 77)



5 Feel the fear and step into our bravery

We have to modulate our energy—changing systems and cultures is a long-term play

Jess Weiner (episode 78)



6 Listen to what our kids have to say

The best source of information about what's getting in a child's way is the *child*

Dr. Ross Greene (episode 81)



7 Don't underestimate what our children are capable of

When we swoop in and fix things, we're teaching them "learned helplessness"

Jessica Lahey (episode 88)



8 Prioritize getting our needs met and asking for help and support

Parental burnout is a reflection of our circumstances, not our parenting

Neil Brown (episode 70)



9 Zoom out and stay focused on our long-term goals for our child

Prioritize things that contribute to a successful future and having an awesome childhood

Seth Perler (episode 85)



10 Know that we have a choice in everything

Even if we perceive we have no choice, we are in control of the decisions we make for our family

Zach Morris (episode 73)

