

*Developing  
Self Reliant Students*

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*Parent with the End in Mind*

# *V of Love*

**V**

teen

toddler

# *Five Skills for Healthy Independence*

1. Knowledge of strengths
2. Conflict resolution
3. Problem solving
4. Realistic expectations
5. Resiliency

# *1. Knowledge of Strengths*

*Encourage the process, not outcome*

## *2. Conflict Resolution*

*Ask Empowering Questions*

*“What do you want to do about it?”*

### *3. Problem Solving*

*Coach, Don't Solve*



## *4. Realistic Expectations*

*Apply real world standards*

## *5. Resiliency*

*Expect and embrace adversity*

# *Susan Fee Resources*

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