

## Saying No

Reasonable limits, firmly enforced by a loving parent, may be the closest thing we have to a recipe for raising well-adjusted, respectful children. As Scott Sonenshein points out in his article, ["To Raise Better Kids, Say No,"](#) there may be unanticipated benefits to this approach as well:

"It turns out that saying no pays off far beyond avoiding raising spoiled kids. When we always yield to our children's wants, we rob them of the opportunity to find solutions by adapting what they already have. Kids who learn from denial realize at an early age that they won't always have the perfect tool for every job. They might not know something, have something, or be something. But that's not the end of pursuing goals -- it's the beginning of activating their resourcefulness to find another way."

What struck us in reading this piece, was how much joy the children he describes found in creative problem-solving and entertaining themselves with less. Not only well-adjusted and respectful, but resourceful and resilient, as well: these are qualities we all wish for our children.

*The Staples Resilience Project is an ongoing endeavor by the Staples High School Guidance Department. We welcome your feedback at [shs-resilience-project@westport.k12.ct.us](mailto:shs-resilience-project@westport.k12.ct.us).*