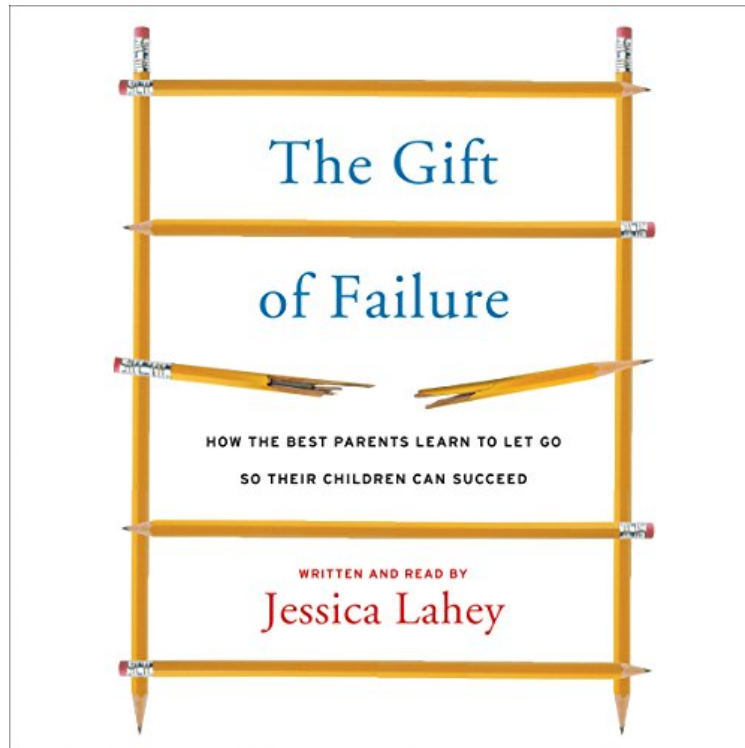


The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed

Jessica Lahey

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#1356403 in Books 2015-08-11 Formats: Audiobook, CD Original language: English PDF # 7 6.10 x .70 x 5.401, Running time: 27960 seconds Binding: Audio CD 1 pages | File size: 49.Mb

Jessica Lahey : The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed before purchasing it in order to gage whether or not it would be worth my time, and all praised The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed:

31 of 31 people found the following review helpful. Practical and eye-opening guide for parentsBy BookphileThis book had a profound effect on my thinking about how to be a parent. I don't think of myself as the type who hovers, but I'm starting to understand that I hover more than I realize. It's not that the author is advocating for hands-off parenting. Instead, she points out a lot of the ways in which parents take the reins and deny their kids all sense of control, and how detrimental that can be. We want our kids to grow up to be responsible and capable adults, but how can they do that when we take away their sense of autonomy? This book made me realize it's more important for me to teach my kids life skills like how to manage their time than it is for me to be managing every detail. My doing so comes from good intentions and a desire to see them succeed, but at the same time it conveys subtle messages to them I don't want conveyed.I read a lot of psychology and social science books because the research just plain fascinates me. While this book offers a lot of anecdotes, it's also infused with an excellent grasp of research. Lahey's background in education shines through, and her suggestions are grounded in the same evidence-based research that I've read. If kids seem different today, it's because they are, and it's not just technology that's driving this change, it's the way parents treat their children and how they view them. We want them to be successful, but in our test-driven, high

achieving culture, we are sometimes guilty of emphasizing the wrong things. After reading a great deal about helpless college students, children suffering from stress-related ills, and the mental health problems plaguing universities, this book helped me form an idea as to why this may be: rather than teaching our children to work for the things they want, we're setting them on a prescribed path and sending them the message that they're only okay as long as they follow that prescribed path. Reading this book makes the mystifying question of why children don't want to take risks quite clear: because we've taught them that there's nothing worse than failure. Yet this book doesn't just discuss research, it also offers a lot of practical solutions for parents. Fair warning, though: not all of these suggestions are easy to swallow. This is where some of the pain came in for me, because I saw myself reflected in some of the behaviors Lahey suggests parents need to break. Giving her suggestions a try isn't going to be easy from a parenting standpoint, and it will require me to retrain myself as well. I also think there's a lot of value in how this book offers some very good insight into the educational system, which I think is a big benefit to parents who don't come from a teaching background. Lahey proposes that parents and teachers work as partners, and she offers suggestions for how parents can open up dialog with their kids' teachers. Considering how adversarial our current culture and politics paint the relationship between educators and parents, there is a great deal of value in this aspect of the book. It doesn't serve anyone for parents and teachers to be at one another's throats, not when both sides want the same thing. This book offers constructive ways parents can form that partnership with teachers, so that everyone can work together toward the same goal. I highly recommend this book to both parents and educators. 0 of 0 people found the following review helpful. Great book with some great points By Jennifer B. Great book with some great points. Everything comes too easy to kids now as they are growing up. There is power in failure and being accountable and as a parent and as a teacher I am constantly having this debate with parents and peers. There are developmental skills that need to be developed and this book hits on that need. 0 of 0 people found the following review helpful. Great Read. Every parent needs to read this. By Mom of Two Wow, every parent ought to read this book. Failing is a part of life and without it, our kids can't learn the skills they need. So relevant to most parents today. Thanks for writing it.

[*Read by the author - Jessica Lahey] In the tradition of Paul Tough's *How Children Succeed* and Wendy Mogel's *The Blessings of a Skinned Knee* comes a manifesto and action plan that further explores Jessica Lahey's article in the Atlantic, "Why Parents Need to Let Their Children Fail," about why parents must learn to refrain from stepping in anytime children experience disappointments and frustrations so they can learn from life's inevitable mistakes and setbacks and grow up to be successful, resilient, and self-reliant adults. Although teachers and coaches have long been aware of the detrimental effects overprotective and over-involved parents have on children, the stories teachers exchange these days reveal a whole new level of overprotectiveness: parents who rush to school at the whim of a phone call from their child to deliver items such as forgotten lunches, forgotten assignments, forgotten uniforms, and who demand better grades on the final semester reports. As teacher and writer Jessica Lahey explains, even though these parents see themselves as being highly responsive to the needs and issues of their children, they aren't giving them the chance to experience failure and learn to solve their own problems. Indeed, this level of overparenting has the potential to ruin a child's confidence and undermine their education. As Lahey points out, teachers don't just teach reading, writing, and arithmetic. They teach responsibility, organization, manners, restraint, and foresight. These skills may not get assessed on standardized testing, but as children plot their journey into adulthood, they are by far the most important life skills they learn in the classroom. Children make mistakes and the educational benefit of suffering consequences is a gift. *The Gift of Failure* is a manifesto, an outlet, and a resource for the hundreds of thousands of parents, educators, and psychologists who work to help children succeed. Providing a path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports -- but more importantly, she sets forth a plan for what doesn't come naturally to most of us: stepping back and embracing our children's failures. Lahey argues that year after year her "best" students -- the ones who are happiest and successful in their lives -- are the students who were held responsible for missteps and challenged to be the best people they could be in the face of their failures. Students need the room to roll with the punches, find their way through the gauntlet of adolescence, and stand firm in the face of the challenges -- challenges that have the power to transform today's children into resourceful, competent, and confident adults.

"It's hard to overstate the importance of this book. *The Gift of Failure* is beautifully written; it's deeply researched; but most of all it's the one book we all need to read if we want to instill the next generation with confidence and joy." -- Susan Cain, author of *Quiet* "Instead of lecturing us about what we're doing wrong, Jessica Lahey reveals what she did wrong with her own children and students and how she systematically reformed her ways. A refreshing, practical book for parents who want to raise resilient kids but aren't sure how to start." -- Amanda Ripley, author of *The Smartest Kids in the World* "Lahey offers one of the most important parenting messages of our times: Unless we allow our children to learn how to take on challenges, they won't thrive in school and in life. Her extremely helpful book tells her story, compiles research, and provides hundreds of doable suggestions." -- Ellen Galinsky, author of *Mind in the Making* "This fascinating, thought-provoking book shows that to help children succeed, we must allow them to fail.

Essential reading for parents, teachers, coaches, psychologists, and anyone else who wants to guide children towards lives of independence, creativity, and courage." --Gretchen Rubin, author of *The Happiness Project*"How can we help our children grow to be resourceful, happy adults? Lahey shows in practical terms how to know what your child is ready for and how to offer support even as you encourage autonomy. A wise, engaging book, steeped in scientific research and tempered with common sense." --Daniel T. Willingham, PhD, author of *Why Don't Students Like School?*"Through an artful combination of anecdote and research, Lahey delivers a lesson that moms and dads badly need to learn: that failure is vital to children's success. Any parent who pines for a saner, more informed approach to child-rearing should read this book." --Jennifer Senior, author of *All Joy and No Fun*"Lahey has many wise and helpful words...ones that any parent can and should embrace." --Publishers Weekly

From the Back CoverModern parenting is defined by an unprecedented level of overprotectiveness: parents now rush to school to deliver forgotten assignments, challenge teachers on report card disappointments, mastermind children's friendships, and interfere on the playing field. As teacher, journalist, and parent Jessica Lahey explains, even though these parents see themselves as being highly responsive to their children's well-being, they aren't giving them the chance to experience failure—or the opportunity to learn to solve their own problems. Everywhere she turned, Lahey saw an obvious and startling fear of failure—in both her students and her own children. This fear has the potential to undermine children's autonomy, competence, motivation, and their relationships with the adults in their lives. Providing a clear path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports. Most important, she sets forth a plan to help parents learn to step back and embrace their children's setbacks along with their success.

About the AuthorJessica Lahey is an educator, speaker, and writer. She has been an English, Latin, and writing teacher in middle and high school for over a decade, writes the bi-weekly "Parent-Teacher Conference" advice column for *The New York Times*, is a contributing writer at the Atlantic, and appears as a commentator on Vermont Public Radio. Jessica earned a J.D. from the University of North Carolina at Chapel Hill with a concentration in juvenile and education law. She lives in New Hampshire with her husband and two sons.