

Parents often ask me how to build resilience in kids.

Our response is always the same: "Start by building independence and resilience will follow."

Here's how.

Sometime around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – "NOOOO!" – and then more articulate cries of "I can do it!" as their third birthday approaches.

This is the time to harness your child's push for independence and self-sufficiency. Their desire for

