Lunch and Learn

From Manager to Mentor, Parenting Through the Long Game

CLIP: Do Less, Trust More |Your Kids Are More Capable Than You Think

TRANSCRIPT

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[00:00:00] **Dr. Leigh Weisz:** So the bottom line is, if you remember nothing else, we don't need to do more as parents. We often need to do less and trust that our kids are more capable than we think. So when we model what matters, when we let them contribute, and when we step back so they can grow, that is how we raise kids who are not just successful, but grounded, capable, and kind.

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