

# Positive+Parent™ Newsletter

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## 3 SMALL STEPS TO HELP OUR KIDS BREAK OUT OF THEIR COMFORT ZONE

“One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.”  
~Abraham Maslow

As Dr Maslow tells us in today's quote, we are either moving forward or moving backward. And moving forward means overcoming the fear to grow out of our comfort zone.

Of course, we all want our kids to grow and to do that we have to help them a little bit. Sometimes we help them by holding their hand and sometimes we help them by “pushing them out of the nest” and watching them grow wings on the way down.

So what should we do to help our kids grow out of their comfort zone? Three of the many things is to help them to realize that it won't kill them, to help them to take small steps and to help them keep their eye on the goal.

As Maslow told us, fear has to be overcome every single time we are trying to grow. Our kids may not realize this.

They may even become so used to the chemicals in their body that are created when they feel fear, that fear feels normal and confidence feels abnormal. They simply have to overcome the fear.

You can help them with this by, first of all, naming the fear. They may not even know what they are afraid of,

just a general feeling of fear. Once you ask them to name it and they talk about it, they may realize that there is nothing to fear in the first place.

Once they leave the grip of fear, we can help them with small steps toward reaching their goal. You most probably remember when your kids were little and you wanted them to stay in a playgroup or daycare alone, you began by playing with them on the floor. Then you may have said something like, “My legs are hurting, I am going to sit on the chair at the end of the room and you stay here and play.” Then you said, “I

have to go to the bathroom, I will be back in one minute.” And this way you “eased” yourself out of the room and it was not too traumatic for them (or for you.) You gave them little steps to independence.

Similarly, with anything that they are fearing, give them little steps to the big goal.

And finally, we have to help them to keep their eyes on the goal. They have to be reminded why they are going through the discomfort. That will help them to get through it and to achieve their goals.

This, of course, is an important life lesson. How many people do you know who are paralyzed by fear from doing something that is important to them. Whether it be speaking to a potential mate to starting their own business.

These simple steps will set your child on a lifelong path of doing what it takes to grow and flourish.



You can reach me by email at [DrShaya@PositiveParentPlus.com](mailto:DrShaya@PositiveParentPlus.com) I love to hear reader comments.

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