

Parents often ask me, "How long until I see progress?" The truth? Longer than you want.

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SUMMARY

The speaker emphasizes that progress in children's development often takes longer than parents expect, especially when addressing behavioral challenges. They share a personal anecdote about their child demonstrating resilience and a positive attitude towards difficult tasks, reinforcing the importance of encouraging kids to embrace challenges.

- Progress in addressing children's behavioral issues often takes longer than anticipated.*
- Parents frequently seek timelines for noticeable improvements in their child's behavior.*
- The speaker highlights a moment where their child tackled a difficult homework problem independently.*
- Encouragement of resilience is key; the speaker has instilled the belief that their child can handle challenging situations from an early age.*
- The child expresses a willingness to start over on a tough problem, showcasing a growth mindset.*
- The speaker reflects on past challenges, reinforcing the idea that overcoming difficulties is a valuable skill.*
- Emphasizing a positive attitude towards challenges can lead to increased enjoyment and engagement in difficult tasks.*

Parents always say to me, "Well, how long until something we're working on will show up?" Or, "How long, if I'm doing this approach, will my kid stop having such big meltdowns?" And and I always say the same thing, longer than you want it. It just takes longer than you want it. And sometimes it takes really long. Doesn't mean we don't see glimmers, but like the big kind of moment where you're like, "Yes, that's it." It can take a while. So, you know, I saw my oldest sitting down to do some homework. My son does his homework pretty independently, so I didn't even really know, but he happened to come out and say, "I'm working on the bonus problem. I've been working on it for 20 minutes." And and this is what he ended up saying to me. I know I need to erase it and start again. This is a really challenging one, but that's okay. I can do challenging things. That is something I've been saying to him since he was preverbal when he was doing tummy time. this is challenging and you're a kid who can do challenging things. I actually see you're a kid who's starting to like challenging things. Not even because you think you're going to get it right, but just because you know your mind is really going. I remember a time that things were tricky with friends. Yeah, this is a challenging time. And remember what we always say, you're a kid who can do challenging things.