

CHALLENGE

SUCCESS

Strategies for Healthy, Engaged Kids and Stronger Schools

At Challenge Success, we believe that a narrow definition of success, one which overemphasizes grades, test scores, and performance, allows little time for kids to develop the essential skills needed to become independent, ethical, and critical thinkers. We partner with schools and families to identify and implement research-based strategies that decrease student stress, improve social-emotional health, and promote academic engagement.

Help Keep Our Kids in Balance



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School Involved



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Parent Education



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Challenge Success is an independent, non-profit organization affiliated with the Stanford Graduate School of Education.

PARENTING GUIDELINES

Practical tips to support the health and well-being of your family:

DEFINE SUCCESS ON YOUR TERMS

How you define success is analogous to your mission statement as a parent. Without considering this explicitly, many families unwittingly default to the prevailing, narrow notion of success.

MAINTAIN PLAYTIME, DOWNTIME, AND FAMILY TIME — AVOID OVER-SCHEDULING

Young children need ample time for their most important job: unstructured play. Kids of all ages need restorative time to reflect and dream, and families need time together to connect and form lasting bonds.

LOVE YOUR CHILDREN UNCONDITIONALLY

Make sure your children know that they are loved for who they are, not only for how well they perform.

GIVE KIDS SPACE TO DEVELOP ON THEIR OWN AND MAKE MISTAKES

Kids today experience unprecedented levels of adult direction and intervention. Encourage appropriate risk-taking and allow kids to make mistakes and learn from them.

EASE PERFORMANCE PRESSURE

For many young people, the questions parents ask most often are: “How did you do on the test? Have you done your homework?” The subtle message to kids is that performance and results matter most.

DEBUNK COLLEGE MYTHS

Make sure your children understand that there are many different paths to success after high school. Help your child find the “right fit.”