



Adje Solutions

10 DJANGO PARENTING FOR RESILIENCE PRINCIPLES™

Building the Muscle of Resilience

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Django Parenting™: Building the Muscle of Resilience

In a world defined by rapid change, every parent is haunted by the same question: How do I prepare my children for a future I can't even predict? To navigate the constant upheaval of raising five multicultural third-culture children across Africa, I and my husband Adje turned to the generational “tough love” wisdom of Adje's home country, Benin, where resilience equates survival. Django Parenting™, named after Adje's childhood nickname meaning “the wild one”, bridges the gap between modern expectations and traditional West African teachings that transformed a rebellious boy into a disciplined man of faith. This parenting approach offers an additional path for raising self-sufficient, disciplined, hardworking children who are prepared for any challenge in life. To do this, parents must intentionally instill discipline and resilience in their children. There are 23 Django Parenting for Resilience Principles™ to follow and below you will find 10 of them, hand picked for you, to get you started:

10 Django Parenting for Resilience Principles™

Principle #1: Responsibility at an early age teaches obedience.

Result: Children will continue to obey parents even as they grow older.

Assign tasks and instruct children to do things (ex. bring the sippy cup over) as soon as they can walk and sometimes before they can even talk! This way, listening to authority becomes a natural habit. This trains children early on to obey by default so that even as they grow older they will continue listening to their parents.

Principle #3: Set limits and don't be a friend, be a parent.

Result: Children will follow rules and respect their parents.

While modern parenting often emphasizes friendship, Django Parenting purports that children need guides and authority figures more than they need another peer. When children have respectful fear and reverence for their parents, it provides them a sense of security and order that is essential for their growth.

Principle #4: Discomfort can be valuable. Let children get up on their own after falling.

Result: Children learn to recover from setbacks on their own.

Intentionally ignore minor bumps and falls. Adults should act like they didn't notice, but monitor from afar discreetly. In doing this, parents teach children to assess their own level of hurt and to practice emotional self-regulation. When a child sees no one is rushing to their immediate rescue, they develop the “muscle” of self-recovery preparing them to face life's future challenges.



Principle #8: Assign every child duties according to their abilities.

Result: Children become hard working and self-sufficient.

Children should never be spared from hard work. Assigning household chores to all the children based on their age ensures they develop basic life skills and a love of service to others that is vital for their future independence. Children will grow in confidence and pride as they take on greater responsibilities.

Principle #10: Never compare children openly or embarrass an older child in front of a younger child.

Result: Children are united and learn to respect older siblings and authority figures.

Avoid comparing siblings or embarrassing an older child in front of younger ones to prevent jealousy and the breakdown of family hierarchy. Supporting the older children maintains order and instills a healthy respect for authority throughout the home. This way, older children can also help parents to keep their younger siblings in check.

Principle #11: Tell children frequently what they should do and become.

Result: Children confidently take steps towards their future goals.

We believe in planting the seeds of a child's future identity, whether as a protector or a caregiver, long before they reach adulthood. We frequently share visions of the “end game” to motivate our children to build the habits and discipline needed starting now. For example, we often tell our children that they will need to take care of us when we are old. Wink Wink 🤔.

Principle #12: Children must learn to be comfortable being different.

Result: Children can resist peer pressure.

Train children to have strong internal values so they can withstand the need to “fit in” or seek external approval. Raise them to be comfortable being different, this empowers them to stand firm against peer pressure in any culture or environment.

Principle #14: Before blaming others, children should identify what is within their control to change.

Result: Children learn to take responsibility for their actions and problem solve.

Rather than blaming external factors like a teacher or a situation, teach your children to ask what they could have done differently to improve an outcome. This shift in focus teaches them to take responsibility for their own actions and to troubleshoot and find solutions to problems.



Principle #15: Raise the standard and motivate children to continuously excel.

Result: Children seek continuous self-improvement.

Parents should avoid inflated or unnecessary praise to prevent “praise addiction” and instead provide honest feedback on where the child can improve. By focusing on praising effort rather than innate ability, children are motivated to bounce back from mistakes and will constantly strive to be better.

Principle #17: Correct children immediately and tirelessly until they display the desired behavior.

Result: Poor behaviors and attitudes do not worsen, becoming more difficult to eradicate.

Parents must remain vigilant and never be “too tired” to address problematic behaviors as soon as they are observed. This rigor ensures that bad habits do not take root and children are trained to behave the way their parents desire outside the home and as adults.

And there you have it! A selection of 10 out of 23 Django Parenting for Resilience Principles that you can start applying today! If you would like to read more and get the remaining 13 principles, order your copy of ***DIPLOMATICALLY 2: Django Parenting, A Guide for Raising Resilient Third-Culture Children*** on [Amazon here](#).

Hi, I’m Yikee Adje. I’m a published author, United States diplomat, executive coach, and master facilitator passionate about helping people achieve their highest potential in and outside their workplace. Eusebe “Adje” Adje was trained in psychology and performs as the singer-songwriter “Django.” Connect with us at www.adjesolutions.com or my [LinkedIn](#) where you can request a free consultation to discover how we can help you.