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Balanced Parenting For Successful, Independent and Safe Youth Who Thrive

3/2/17

- Parents know the depth of students, and teachers know the breadth; the intersection of the two is where something special happens
- Tips:
- 1.) **Know your values**, and model them in your house/ classroom
 - o “Not for ourselves alone” – meaningful quote outside a Virginia school about interconnectedness
 - o Give kids a moral compass
 - o If you are their moral compass and you are not there, will you still be proud of the choices they make? Will they?
- 2.) **Give your kids chores** to do
 - o There is nothing that needs to be done that is beneath you
 - o Every kid has to pull their own weight; no one is entitled ; the world doesn’t owe us anything
 - o Ex: introducing the kids to “Mr. and Mrs. Washer and Dryer”
- 3.) Eat right
- 4.) Get enough sleep at night
- 5.) Eat meals together: no cellphones allowed
 - o Consider the person you are in the company of others
- 6.) **What’s popular isn’t always right**
 - o Ex: the sit in protest in the school
- 7.) **Have a growth mindset** (Carol Dweck)
 - o = the attitude you have as to whether or not you can succeed
 - o It’s better to take on stride and struggle than to get an A
 - o Ex: the college student who thanked the committee for their critique
 - o Make mistakes and see the value in making mistakes
- 8.) **Let mistakes happen to kids**
 - o Many kids don’t encounter a brick wall (loss)
 - o Then when they do, they don’t know how to cope with it
 - o Model out loud to kids how you cope
- 9.) **Teach kids to be thinkers and problem solvers** (means you fail more times than you don’t)
 - o Kids are going to change jobs and careers many times in their lives
 - o Talk to kids about problems in your lives and theirs
- 10.) **Make school about learning**, not about the grade
 - o Students need a sense of striving
 - o It helps if kids/ teens have a passion or other interest besides school
- 11.) **Park the helicopter**
 - o Have kids make as many decisions as they can on their own (even if the decisions are lousy); that’s part of being human, and that’s part of life
 - o Have your kid be their own advocate (that means talking to their teacher/ boss on their own)

- 12.) **Affirm your unconditional love** for your kid

Q & A Session

- Thomas Edison's mom is a good model of parenting
- This is the era of regurgitation; aka teaching to the test
- If there's something kids love, don't put it in last place (make time for interests)
- Prioritize learning outside the classroom too
- To the bright students who are above their peers, try to teach them empathy