Bringing Out Their Best: Developing the Talents of Every Child

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Purpose of our time together:

Share with each other and learn from each other

Gain a better understanding of the social and emotional world of your children and young teens

Leave with some strategies to help you proactively and creatively plan for your child’s intellectual and social-emotional growth

Make some new parent “friends”
Begin with the end in mind...
Characteristics of children born in the 21st Century

First generation to have a child-centric upbringing
Multi-task and multi-device mavens
Collaborators and team players
Upbeat, optimistic, confident
Network easily and effectively worldwide
Receptive to new ideas and world views
Seek balance and enjoy multiple activities
Require variety, positive feedback, fun and structure to be successful students, interns and employees
Employability Skills Framework for the 21st Century

Communication
Problem Solving
Self Management
Learning Skills

Teamwork
Initiative/Enterprise
Planning and Organisation
Technological Acumen

**Informed by school values, whilst building ethical capacity

Jan Owen, July 2016
ELTHAM College All-Staff Professional Development Day
When children are socially accepted and emotionally healthy, they most often leave Year 12 as interested, engaged teens and young adults with intellectual curiosity, enthusiasm, self-awareness, career and life goals and common sense to make reasoned decisions that honour their abilities and talents, and allow them to remain true to their unique needs and deepest held values.
When children are not socially accepted and emotionally healthy, they can be anxious, alienated, self-absorbed, overwhelmed, entitled or unmotivated teens and young adults who cannot or will not make a plan or set goals. Their life and career decisions are based upon fear, rebellion, need for affiliation, convenience, perfectionism, and a host of other unhealthy reasons which sabotage their futures, both personally and professionally.
So, what do we as parents do to increase the likelihood our children become the former, rather than the latter?
Parent them wisely.

- Love them unconditionally.
- Give them your full attention, but also offer consistent messages and expectations regarding their behaviour and their treatment of others.
- Discipline them appropriately when necessary.
Maintain a consistent set of values and a happy, healthy home.

- Harmony is important for any child’s optimum development.
- When loss, change of job status or break-ups happen within the family, be honest with your child/teen in a kind and gentle manner, and in a developmentally appropriate way.
- Ask for help from trained professionals if you need assistance.
Give them your time.

- All children need an understanding parent and/or role model, and they need to spend time with that person.
- Older children and teens need you just as much, but in different ways than when they were little.
- Check in with your child/teen on a regular basis to see how you are doing in this regard.
Be intellectually open to them.

- Children are by nature curious and creative. Do not stifle their sense of wonder.
- As often as possible, honour your child’s/teen’s questions.
- When you cannot answer their questions, find resources likely to have the information.
Encourage friendships.

- Children need friends who are like themselves to play games with and to share ideas.
- Encourage friendships, talk to and get to know their friends.
- Show your child the value of real friendship in your own life.
Help them discover hobbies.

- Support your child’s/teen’s choice of hobbies, and help them share their interests with their peers and friends.
Intellectually enrich your child.

- Pushing children and offering children intellectual enrichment are two very different things.
- Rather than pressuring to read, problem solve, and otherwise push for greater achievement, seek ways to stimulate and broaden your child’s mind through exposure to books, travel, nature, collections, sport, the arts, technology and other active experiences.
- Intentionally share family outings that enhance their background learning and feed their curiosity.
Teach them the importance of helping and serving others.

- Select a cause or group in your community to help or serve as a family.
- Introduce them early to the sense of ethical well being that comes from small and large acts of kindness and support.
Have daily learning discussions.

- What did you learn today?
- What mistake did you make that taught you something?
- What did you try hard at today?

*** Share something that you learnt today. Model the joy of learning new things.
Be open to their uniqueness.

- Avoid sharing direct, indirect or unspoken attitudes that fantasy, unusual questions, originality, and other forms of creative expression are bad or different from your expectations.
- Enjoy your child, laugh with them, and seek to develop in them a healthy sense of humour and optimism.
Teach your child healthy habits and life-balance.

- Good nutrition, ample sleep and time alone are important for all children.
- Don’t over-control or overschedule your child’s life.
- Allow your child to become bored at times, and let them find a way to use time unscheduled by adults.
- TV and computers have their place in a child’s growth and development. Balance and common sense are crucial for optimum benefit.
Encourage/model process-centered growth and positive self-talk.

- Praise effort, planning, persistence, curiosity, challenge seeking, problem solving and goal setting.
- When disappointment and/or failure occur, use the experience as a learning opportunity to build efficacy and increase personal resiliency.
Respect your child and their knowledge.

- When your child is problem solving, interfere only if they are in jeopardy of physical or emotional harm.
- When you have a task you want your child to do, give general instructions to be carried out in the child’s way, rather than specific commands that do not take into consideration your child’s personality.
Get involved in school efforts and community programmes.

- Support your school’s efforts to plan programmes and activities for your child.
- Be active in your community and advocate for a variety of enriching community programmes for families.
- Be willing to collaborate with other parents in an effort to support and improve schools for all children.
One possible aid to help your child/teen learn the skills that will allow them to become happy and successful people.
Parenting 2.0
Life Skills Report Card

www.parenting2pt0.com
Personal Care
Organisational Skills
Respect for Self and Others
Communication
Social Skills
Some Final Thoughts for Parents of Tweens and Teens

- *Don’t* try to be a problem solver – *do* try to be a good listener.
- *Don’t* be the rescuer – *do* be the supporter.
- *Don’t* expect your teen to choose a career path at 16 – *do* encourage exploration of many options of interest.
- *Don’t* give up being the “parent” – *do* walk away from incivility, physical or emotional abuse.
• Don’t use a set in stone timeline or let fear determine social freedoms – do use your teen’s past performance as a gauge for small concessions and earned future freedoms.

• Don’t dwell primarily on the future or live in the past – do embrace the pleasures of the present.

• Don’t give up who you are for your teen – do model for them a healthy, balanced and fulfilling adult life.
Questions?

Thank you very much!

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