

-Summary

- Developing children's sense of self is of the utmost importance
- Children need unstructured play to internalize life's lessons and to use their imagination
- Once students enter middle school there is an arc of escalating emotional problems
- There is a protective aspect of an Advisory Program at school
- Today's kids are not just pressured to be "good" but pressured to be "stellar" and they need to be "stellar" at everything -- this is not REALISTIC and not HEALTHY!
- It is the job of children to try a wide variety of activities to see what fits them
- Driving without sufficient sleep = drunk driving
- Self-Control is a critical life skills to focus on and is always developing.
- Parents have a difficult time seeing their child unhappy. Don't always rescue them! Kids need to know the answer is within them and not external - help them build their coping skills tool box.
- There is no correlation between WHERE you go to college and success with money and happiness. There is a correlation between GOING to college and success with money and happiness.
- Physical presence of a parent is not the same as emotional availability.
- Chores: if you would like your children to be successful in the community remember that home is their first community.
- Try to eat at least 5 meals a week with your children - doesn't have to be dinner.
- Family traditions and rituals are very important in building family cohesion and resiliency
- Use disapproval sparingly - it is the greatest tool you have
- Think of your favorite childhood memory ~ it was most likely relationship based and involved being in the backyard, kitchen - around the house and together.

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