



G I S T

The Essence of Raising Life-Ready Kids

Michael W Anderson LP
Timothy D Johanson MD



the G I S T *of it*

*“Parenting differently...
a paradigm shift”*

Introduction and Background

- Mike and Tim
- Origins of the book
- Hour 1: Highlights of selected chapters
(Break)
- Hour 2: Michael: “Shame”
Tim: “Talking to Your Kids”

Part One: Foundational Principles

- Your love must evolve for your child to grow
- Concept of 'anti-learning'
- **Teaching your child the NATURE of LIFE**
- Difference between Fun and Joy
- Your child's 'Checklist to Adulthood'

Nature of Life

- Six life lessons parents need to teach their children:
 1. Life is difficult
 2. The skill of self-discipline
 3. Resilience
 4. Relational skills
 5. Experiencing achievement
 6. The balance of hope and pain

Life is Difficult

- M. Scott Peck in *The Road Less-Traveled*:
“Once we truly know that life is difficult- once we understand it and know it- then life is no longer difficult.”
- Anger and frustration are indicators that we believe life should go smoothly
- The fact that life is difficult is not bad news!

Resilience

- Failure is a part of life... resilience is what separates failure from defeat

When Our Balloons Pop

- tell your kids what is likely
- prepare kids for the disappointment
- help kids appreciate what is 'now'

Balance of Hope and Pain

- Both hope and pain are necessary for growth
- Life shouldn't be too easy... or too dark

Foundational Principles:

- Your love must evolve for your child to grow
- Concept of 'anti-learning'
- Teaching your child the Nature of Life
- Difference between Fun and Joy
- **Your child's 'CHECKLIST to ADULTHOOD'**

Checklist to Adulthood

- Positive experiences
- Not-so-positive experiences

Checklist to Adulthood

- Kids who have not experienced the bulk of these things will not be ready to be an adult.
- Parents: to see the events you might otherwise try to avoid or dread in your child's life as *growth-producing* events.
- Always be asking “Is this something my child needs to experience to become an adult?”

Part Two: Core Development

- Easier ways to parent
- Importance of “Just Shut Up!”
- **Understanding self-protection**
- “Because it works”
- Using the “Two Things” strategy
- Impact of telling the truth to kids
- Origins of self-esteem
- Effects of shame
- How over-parenting hinders development

Self-Protection

- We use self-protection when we experience fear or shame
- Most of us use one or two ways of SP
- Usually learned during childhood to cope
- Usually serve their purpose well
- When we over-utilize any one way, there are consequences

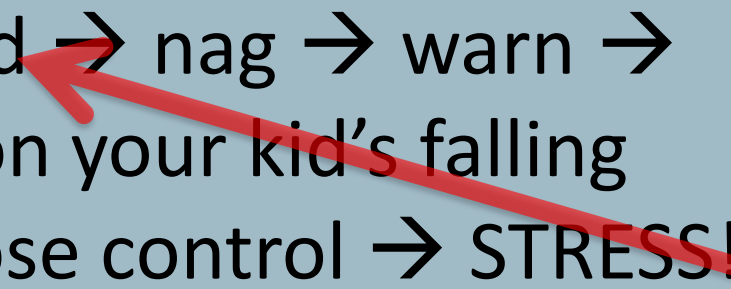
6 Types of Self-Protection

- Withdrawal
- Rage
- Blame
- Perfectionism
- Self-contempt
- Power

Core Development:

- Easier ways to parent
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- “Because it works”
- Using the “Two Things” strategy
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The Two Things

- When a child is behind where they should be, parents tend to panic.
 - There's a gazillion things your kids needs to learn about life and themselves at any moment... but you can't and they won't...
 - Viscious cycle: remind → nag → warn → threaten → realization your kid's falling behind → panic → lose control → STRESS!
- 

The Two Things

- Most effective way humans learn
- Identifies the two things a child needs to learn when they fall behind in certain ways
- Conventional vs. Countercultural things
- Two Things messages:
 1. you're serious about him learning them
 2. you're on his team and are for his success
 3. eliminates excuses
 4. it's wonderfully matter-of-fact

Core Development

- Easier ways to parent
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- “Because it works”
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- Impact of telling the truth to kids
- Origins of self-esteem
- Effects of shame
- **How OVER-PARENTING hinders development**

Over-Parenting

- Over-involvement
- Over-Affirmation
- Over-Indulgence
- Over-Protection

Consequences

- Over-involvement: resentment
- Over-affirmation: inaccurate self-assessment
- Over-indulgence: entitlement
- Over-protection: dependence

Question Time



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*“How to best communicate
with your child”*

Why be an excellent communicator with your children?

- Minimizes shame
- Reduces stress (in the child and family)
- It's easier and more effective
- It's more efficient
- It puts the fun back into parenting

Talking to your Teen

- Volume 1 (# of words)
- Volume 2 (loudness and tone)
- Emotion (wearing different hats)
- Timing (understanding arousal states & SProt)
- Availability (overcoming inconvenience)
- Telling the truth

Volume of Words (Quantity)

- Too many words
- Unfocused, contaminated messages
- 90 second rule

Volume of the Words (Quality)

- Tone (passive-aggressive)
- Loudness (yelling)

Parental Emotions

- Hat on, hat off
- Think Cesar Milan “*The Dog Whisperer*”
- Always calm and assertive

Timing is Everything

- Seeing high arousal states (in child and you)
- Understanding self-protection
- Recognizing resentment

Availability

- Accepting the *'inconvenience of parenting'*
- Boundary setting

Tell the Truth

- How can it ever help a child to see a situation differently than how it really exists?

1. seeing themselves as they truly are

2. seeing the world as it truly is

“Untrue encouragement provides nothing more than false hope”

Tell the Truth

- Distorting the truth:
 - in a positive way falsely encourages your child
 - in a negative way discourages your child
- The truth should always be told *accurately* and *lovingly*
- Trying to manage someone else's emotions by changing their reality is not kind...

Questions