Bringing up Children in the 21st Century

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Thank you to...
- All children, families and professionals in Australia and worldwide using the Friends Programs in schools and clinics
  - My family
  - Pathways staff
“Even if you stumble, you’re still moving forward.” – Anonymous

“I went to a bookstore and asked the saleswoman, 'Where’s the self-help section?' She said if she told me, it would defeat the purpose.” - Steven Wright
We know...

- Prevalence
- Who seeks help
- Need for prevention
- Human Capital Investment

Preventative Parenting Strategies:

- Stable attachments
- Attention Training
- Changing unhelpful thinking to helpful thinking
- Choosing positive role models and support networks
- Health Factors
Nuts and Bolts of Raising Children:

- Quiet Time
- Planned ignoring
- Descriptive Praise
- Empathy
- “Giving Back”

Time Out Works! How?
Behaviour Charts Work! How?

Nuts and Bolts for older Children:

- Brain Development
- Mindfulness
- Friendships
- Contracts
- Compromise
- Safety vs. Trust
- Monitoring
- Schoolies
“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).”
– James Baraz”

“The future depends on what you do today.”
Mahatma Gandhi
Healthy Families

- Consistency
- Happiness
- Cohesion
- Compassion/altruism

Parenting

What we need to do:

PARADIGM CHANGES

LIFE LONG RESILIENCE
Thank you!

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Resources
- The Happy Movie.com
- The Brain that Changes Itself – Norman Doidge, 2008
- The Sweet Poison Quit Plan, Sugar the Sweet Poison, Big Fat Lies – David Gillespie, 2010
- Unlikely Friendships - Jennifer Holland, 2011
- Adult Resilience: Strong Not Tough - Paula Barrett, 2012
- Friends for Life – Paula Barrett, 2012
- Fun Friends – Paula Barrett, 2012
- Act With Love – Russ Harris, 2012
- Last Child in the Woods – Richard Louv, 2010

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