



- A. Overwhelming Tragedy List/Dissolution of Connection & Community
- B. New Parenting Playbook - choose more of the old one
- C. Outcome Fever - recognize it in yourself and your kids - NAME IT.
- D. 6 I's : Imagination, Independence, Intestinal Fortitude, Integrity, Intimacy all lead to solid IDENTITY. Remember, what we learned by osmosis...

1. **The Billy Riley Rule: “Have fun, do your best, be a good kid, and have fun.”**
2. **Don't be afraid to be firm with me. I prefer it, it makes me feel secure.**
3. **Don't make me feel that my mistakes are sins. It upsets my sense of values.**
4. **Don't protect me from consequences. I need to learn the painful way sometimes.**
5. **Don't make rash promises. Remember that I feel badly let down when promises are broken.**
6. **Don't put me off when I ask questions. If you do, you will find that I stop asking, and seek my information elsewhere.**
7. **Don't ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that you are neither.**
8. **Don't tell me my fears are silly; they are terribly real and you can do much to reassure me if you try to understand.**
9. **Don't forget how quickly I am growing up. It must be very difficult for you to keep pace with me - please try.**
10. **Don't spoil me. I know quite well that I ought not to have all I ask for — I'm only testing you.**
11. **Don't forget that I can't survive without lots of understanding and love.**

What We Can Do Right Now - **These are OUR kids. <https://www.jefflevincoaching.com/raising-children-in-the-digital-age/>**

As I have said, the good news is there are many things we can all do immediately to reduce stress, and the resulting anxiety and depression, in kids' lives. Here are some suggestions on how you can start the process. The beauty of a lot of the things we can do is they are easy to try and need no professional help to do them. There may be times when you will need professional help—and if you think your child is seriously depressed or at risk of hurting themselves or others, you definitely need professional help right now—but in many cases you don't need anything except an honest desire to change things to get started.

- One of the easiest things any parent can work on immediately and on their own is that first building block from the Eight Ages: mirroring. Shut off your phone, ask your kids how they're REALLY doing, and LISTEN.
 - Go back and work to give them increasing independence and initiative remedially. Starting can be as easy as giving them household chores to do on their own and building from there
 - Dinner together four nights a week, then parents must leave work on time to be home in time for dinner. Parents must lead the way in turning their phones off during dinner.
 - Protection/Preparation Back in Balance
 - Don't check in with your kids—and encourage them to check in with you less—by phone during the day so you can save your catching up for the phone-free dinners you have.
 - Go for walks with your family It's a great mindless task; it encourages conversation. But only if you all shut off your phones.
 - No devices—for anybody—from when dinner begins for an hour. All devices are again off and placed on the kitchen counter one hour before bedtime. If you violate this rule even once, you lose your devices for a week.
 - You have to stop enabling your children. The New Parenting Playbook makes it easy for parents to enable their children. ***Are you empowering your child by giving them tools to learn to do something on their own, or enabling them and taking authority, autonomy, and responsibility away from them?***
 - Remember ,you aren't your kid's friend—you're their parent. It's your job to teach your children some hard lessons.
 - The best way for your child to develop their imagination is to have unstructured play, including with other kids and excluding their parents.
 - ***Independence:*** Giving children age-appropriate opportunities to do things on their own and increase independence is one of the best ways to prepare them for adulthood. Send the message, "Mom/Dad trust you."
 - Intestinal Fortitude: "Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not." C.G. Jung

NEXT STEPS?

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