

**Wednesday April 22 2015**

Parkdale Secondary College

**How Parents Make Things Better  
– or Worse – for their Kids**

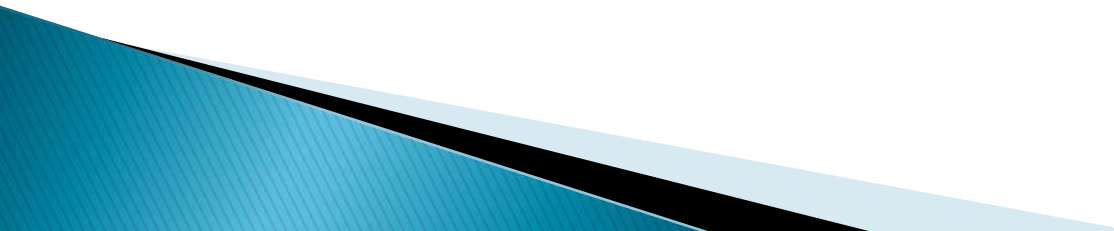
Adrian McMaster, Psychologist.



# How Kids Learn



# Approach

- ▶ Most approaches to parenting are good enough;
  - ▶ Some approaches make life more difficult for kids;
  - ▶ Focus on avoiding the negatives, leaving parents to trust their kids will turn out OK;
  - ▶ So, what are the “don’ts?”
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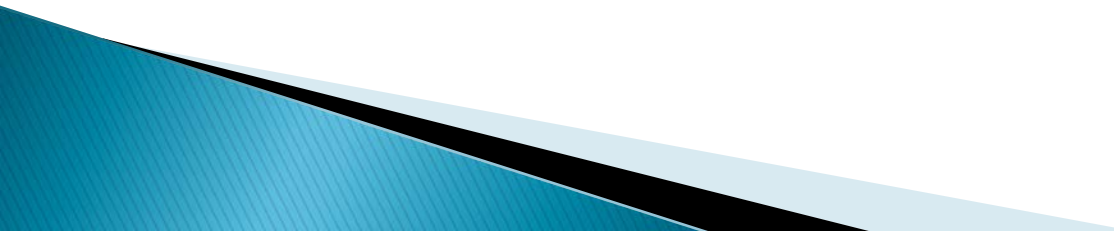
# First Don't...

## Don't get drunk around your kids;

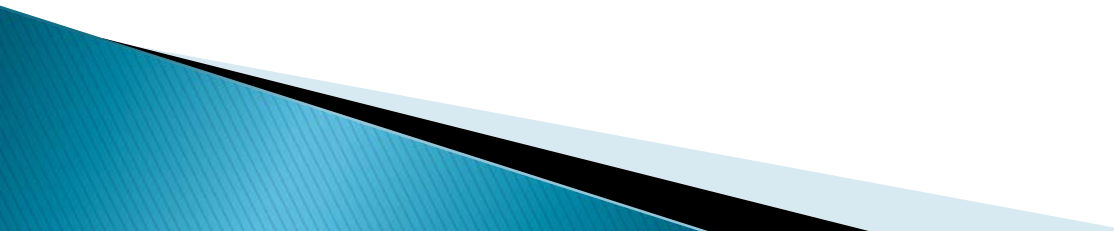
... Ever;

- Increase chances of kids drinking early and heavily;
- Drinking a factor in:
  - Over 35% of road accident deaths;
  - 66% of suicides;
  - 62% of physical assaults;
- Miss what is going on for your kids; and
- Lose your personal authority – you look like a goose

# Second Don't...

- ▶ Don't make the other parents' job any harder than it needs to be;
  - ▶ Kids quality of life is impacted by both parent's quality of life;
    - Team is as good as its least capable player;
  - ▶ The twenty years from now technique...
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# Third Don't...

- ▶ Don't avoid saying no;
  - ▶ Find a way that suits you;
  - ▶ Discipline does not mean anger;
    - Positive authority;
    - Parents as umpires;
    - Tribunal three days later.
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# Fourth Don't...

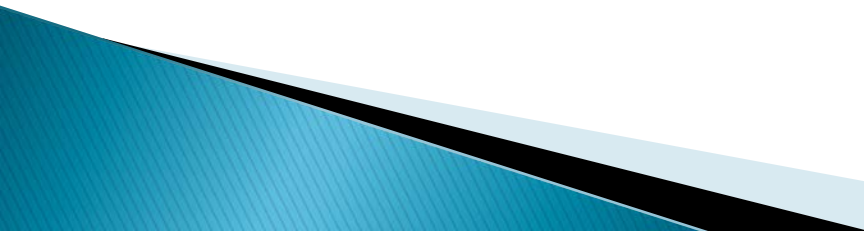
- ▶ Leave the parenting to someone else...
  - Reading predicts academic success;
  - Shared meals predict intelligence;
  - Jobs vs responsibility.

# Fifth Don't...

- ▶ Don't let your kids have all their fun without you!
  - Teenage years are just more interesting;
    - (so don't dread 'em!)
  - Include the kids in things you like (surfing, anyone);
  - Embrace your role as transport worker.



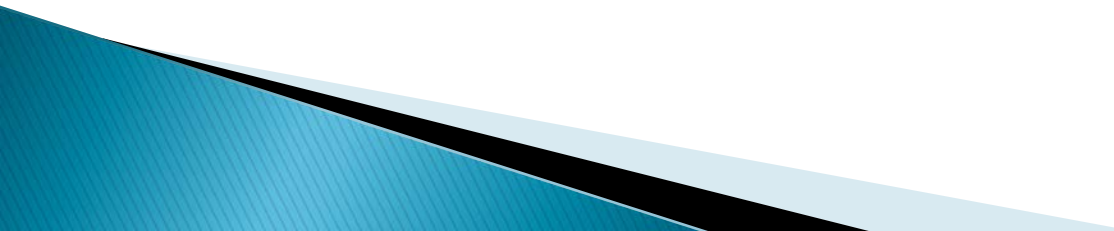
# Sixth Don't...

- ▶ Stuff up sport!
  - ▶ Do know why you are there:
    - Not to coach;
    - Not to be a player agent;
    - To be a spectator;
    - Too many kids dread the drive home.
  - ▶ Sport teaches co-operation, and little else;
  - ▶ Any idiot can cope with winning;
  - ▶ Your kids are probably not that good.
  - ▶ Remember what we said about alcohol.
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# Seventh Don't...

- ▶ Don't forget that the opportunity of a lifetime comes around once a month... as long as kids:
  - Learn to work; and
  - Don't get hurt.

# Other Don'ts...

- ▶ Don't play computer games;
  - ▶ Don't go broke;
  - ▶ Don't complain.
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# Adrian McMaster – Psychologist

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