

The Parenting Paradox

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Paradox 1: You've never been so full of life, and so exhausted all at the same time!

Paradox 2: Parenting is temporary, and you'll be one for the rest of your life!

Paradox 3: Kids are formed by both nature and nurture!

Paradox 4: The adolescent mind is both programmed and plastic!

Paradox 5: Parents must be selfish and selfless!

Paradox 6: Parents must provide safety and exploration!

Paradox 7: The goal of dependency is independence!

Paradox 8: Children belong to us, and only belong to God!

DOS AND DON'TS

DON'T hide your past from your kids.

DO share openly and honestly about your past struggles, failures, and shortcomings.

DON'T assert positional authority; "Because I said so."

DO assert the authority of wisdom; "Here's why."

DON'T criticize your child's friends punitively.

DO show compassion, empathy, care, understanding, and hope for the redemption of the dysfunctions of others.

DON'T tell your child how "smart" they are.

DO tell your child how proud you are of how hard they worked; that they never gave up.

DON'T be dismayed that your adolescent argues with you.

DO engage and moderate conflict towards respectable solutions.

DON'T validate your identity or bolster your self-esteem by your children.

DO embrace that you are a precious child of God, unconditionally loved, and forever a member of God's family.

Books



The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, by Daniel Siegel

Brainstorm: The Power and Purpose of the Teenage Brain, by Daniel Siegel

All Joy and No Fun: The Paradox of Modern Parenthood, by Jennifer Senior

Far From The Tree: Parents, Children, and the Search for Identity, by Andrew Solomon

The Science of Parenting: How today's brain research can lead to happy, emotionally balanced children, by Margot Sunderland

The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids, by Madeline Levine

Nurturing the Leader Within Your Child: What Every Parent Needs to Know, by Tim Elmore

Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason, by Alfie Kohn

Daring Greatly: How the Culture to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, by Brené Brown

Nurture Shock: New Thinking About Children, by Po Bronson & Ashley Merryman

Blessing of a Skinned Knee: Using Jewish Teaching to Raise Self-Reliant Children, by Wendy Mogel

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character, Paul Tough

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