

Eileen Kennedy-Moore

Mark S. Lowenthal

SMART
PARENTING
FOR
Smart
Kids

Nurturing
Your Child's
True
Potential

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Smart Parenting For Smart Kids:

Nurturing Your Child's
True Potential

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Praise for *Smart Parenting for Smart Kids*

“This book is a literal Godsend. Parents will find great wisdom in its pages.”

- Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

“A smart, deeply perceptive and important book.”

- Wendy Mogel, PhD, author of *The Blessing of a Skinned Knee* and
The Blessing of a B Minus

“A fresh parenting book filled with vignettes and strategies for raising smart kids to become healthy, happy and contributing adults. It shines light on the mindset needed to counter the effects on our children of our high-stakes culture and education system.”

- Vicki Abeles, Producer and Co-Director, *Race to Nowhere*

Other books written or co-authored by Eileen Kennedy-Moore:

*The Unwritten Rules of Friendship:
Simple Strategies to Help Your Child Make Friends*
(for parents)

*Expressing Emotion:
Myths, Realities, and Therapeutic Strategies*
(for mental health professionals)

*What About Me?
12 Ways to Get Your Parents' Attention Without Hitting Your Sister*
(for children)

Note to Readers

The vignettes in this book are based on composites of children we have known. Names and identifying information have been changed or omitted. The dialogues are fictional. They are intended to represent typical behavior and problems, and they do not refer to specific people or real events. This book is for general educational purposes only. It does not constitute and should not substitute for individual professional advice, psychotherapy, or the provision of psychological services.

INTRODUCTION: Rethinking Potential

Potential is a dangerous word.

When someone tells you that your child has “real potential,” you probably feel delighted. Maybe you imagine your child soaring through life, surpassing all of your accomplishments, suffering none of your setbacks, while you watch with loving admiration.

But then the worries start, because potential, after all, is a possibility, not a guarantee. What if your child doesn’t live up to that potential?

The Pressure to Help Our Kids Achieve

Friends, neighbors, and the “child improvement” industry are quick to tell us everything we need to do to help our children reach their potential. They insist:

- Play Mozart while your baby is in the womb.
- Use the “brain boosting” baby formula.
- Sign your toddler up for gym classes to develop gross motor skills.
- Arrange for music classes to develop your child’s mathematical thinking.
- Start soccer by three or it will be too late.
- Language immersion must take place before the critical period ends.
- It’s not enough to do one activity; you have to make sure your child is well rounded.

From all sides, the message is, “Start early; go faster; do more.” The earnestness and intensity of this advice makes it seem as though any parent who doesn’t sign her children up for a bevy of enriching activities is neglectful.

We all know that overscheduled children (that is, kids who do more activities than ours do!) are a national problem, but the pressure and competition continue, and nothing changes. Philosophically, we might appreciate the value of down time, but as parents, we’re afraid to do anything less than everything possible to develop our children’s potential.

In our zeal and anxiety to make sure our children fulfill their potential, we look to grades, test scores, and class placement as if they were crystal balls into the future -- objective and infallible indicators of what lies ahead. We fret if a grade is low. We worry that our children might not be working hard enough. We fear that the curriculum offerings might not be challenging enough. Again, we are bombarded by advice: “Oh, isn’t your daughter doing the computer-based tutoring that will advance her test scores one whole year?” We monitor homework, help them study for tests, critique their papers, supervise their science projects, and worry we’re not doing enough. We wouldn’t want our children to waste their potential.

The Burden of Potential

It’s very easy for thoughts about potential to slip from “possibility” to “expectation.” Conscientious efforts to support and encourage our children’s achievement can drift into anxious concerns about what they *could* accomplish, if only they apply themselves diligently enough and take the right classes and get the right opportunities and score high enough...

Potential becomes a burden when we see it as a predestined calling to impressive accomplishments. Both parents and children can become seduced into focusing on performance rather than growth, on being The Best rather than making progress, and on accumulating external awards and accomplishments as the primary measure of worth. Worst of all, this one-dimensional perspective on potential creates a terrible fear of failure.

A Different Idea of Potential

A narrow view of potential suggests that there is some lofty gold ring of success our children will either jump high enough to reach it or else fall short. But life doesn’t work that way. In real life, there are lots of choices, lots of chances, and lots of paths. It makes no sense to talk about kids “not living up to their potential” because the miracle of children is that we just don’t know how they will change or who they will become. The path of development is a journey of discovery that is clear only in retrospect, and it’s rarely a straight line.

This book is for parents who understand that potential is not an endpoint but a

capacity to grow and learn. Nurturing children’s potential, in the broadest sense, means cultivating their humanity. It involves supporting their expanding abilities to reach out to others with kindness and empathy, to feel part of something bigger than themselves, to find joy and satisfaction in creating a life that is personally meaningful...and so much more.

The Downside of Being Smart

Concerns about “achieving potential” tend to be especially prominent when it comes to school performance. Maybe this is because kids spend so much time in school. Maybe it’s because school is often a segue to future careers. Or maybe it’s because nowadays children’s academic performance is constantly rated and ranked.

What’s surprising to us is that the greatest anxiety about achievement—in both parents and kids—often surrounds the children who have the most scholastic aptitude. These children spend a lot of time thinking and hearing about what they could or should achieve—because of their potential.

There are lots of ways to be smart, but in this book, when we refer to “smart” or “bright” kids, we’re talking about children who are able to earn A’s and B’s, even if they aren’t currently producing in school. Because they are so capable, they often face a lot of pressure to achieve. And sometimes that can lead to too much focus on what they do rather than on who they are.

Why We Wrote This Book

Kids today face unique challenges in developing a healthy perspective on achievement. We’ve observed this in our own children, in our friends’ kids, and in the children we work with in our psychology practices. Too often, we’ve seen smart kids who

- Give up at the first sign of difficulty,
- Become distraught over minor mistakes,
- Seem unmotivated and put forth minimal effort
- Find working with classmates intolerable
- Get into needless power struggles with adults
- Feel lonely and disconnected from peers.

As clinical psychologists, we've seen a lot of bright but unhappy children. In fact, some of the most miserable, angry, or stressed-out kids we've worked with were also the most academically capable.

We live in a narcissistic age that emphasizes being impressive and seeking admiration. Sadly, smart kids are often the ones who are hurt most by this focus on externals. Because they can perform, and that performance seems so important to everyone around them, they may start to believe that they are the performance.

A real danger facing bright children is that they will come to define themselves solely in terms of their accomplishments—to believe, “I’m smart, but that’s all I am.” This makes them terribly vulnerable. If they don’t perform perfectly, if someone else is “smarter,” if they have to struggle to learn something, or if they encounter any setback, they feel inadequate or even worthless. A minor criticism leaves them feeling wounded or enraged. Even their victories can feel empty because admiration is a cold substitute for closeness. When kids measure their worth solely in terms of achievement, their self-image becomes distorted and their ability to connect with others is crippled.

The antidote is to help children to cultivate a broad self-definition that encompasses not only their abilities, but also their humanity. This does not mean either settling for mediocrity or creating “super kids;” it means helping children develop the foundation they need to discover their passions, build relationships, sustain effort, and create a life with authentic happiness.

We wrote this book because we wanted to be a voice of clarity and comfort for parents who care about developing their children’s inner strength. Compassion, perspective, grit...these qualities aren’t necessarily impressive—your kids won’t win a certificate for developing them—but they are essential to a well-lived life.

Seven Fundamental Challenges

All children face challenges growing up, but for bright children, concerns about achievement can eclipse and complicate “normal” developmental tasks. The chapters in this book highlight seven fundamental challenges:

1. Tempering perfectionism
2. Building connection
3. Managing sensitivity
4. Handling cooperation and competition
5. Dealing with authority
6. Developing motivation
7. Finding joy

These are the core issues that kids struggle with and parents worry about. Each of these issues involves children figuring out who they are, how they relate to others, and what achievement means to them. These are complex issues that call for deeply personal responses, but there are things you can do to help your child navigate them.

This book is solution-focused and filled with practical strategies that you can use today and continue to use as your child grows and develops. The strategies that we describe are do-able in the course of everyday life. A lot of them involve conversations, explanations, or ways of responding to your child's behavior.

The Importance of the Elementary School Years

The examples and strategies described in the book focus on children approximately six to twelve years old. This age range covers the period when academic pressure starts, but the stakes aren't yet so high. Children's coping abilities can increase dramatically during these years. It's a period of intense intellectual growth, during which children gain the ability to reason logically, understand cause and effect, and solve problems.

In elementary school, children begin to develop a stable sense of identity, and they tend to be less self-centered than younger children because they can understand that other people have different thoughts, feelings, and wants. They also begin to compare themselves to peers and to make judgments about their own relative competence. All of this means that this is a time when kids are ready and able to expand their social and emotional coping skills, and they are still young enough to be open to parental guidance. Taking steps to bolster coping skills during these early school years can equip children to deal with the stresses that lie ahead in high school and beyond.

Reflecting on Your Own Thoughts, Feelings, and Experiences

Chances are, if you have a bright kid, you're pretty bright yourself, which means you'll probably remember grappling with some of the issues we describe. Maybe you still struggle with them. Although this book is about supporting your child, it also offers an opportunity to reflect on your own experiences. What messages did you get about achievement from parents and teachers when you were a child? What have you found to be effective in managing multiple demands on your time? How do you relate to people who are less capable than you? How about those who are more capable than you? How do you cope when you make mistakes or things don't go your way? What brings you a sense of satisfaction and contentment?

The issues that we discuss are lifelong challenges, not problems that people can deal with at age seven and be done. In each chapter, we have a section called "Show the Way" that describes how these issues play out in adulthood and what parents can do to address them in their own lives or model effective coping for their children.

How to Use This Book

There's a wrong way and a right way to use this book. The wrong way is to view it as over two hundred pages of stuff you need to "fix" or "improve" about your child or a long list of even more things you ought to be doing, on top of everything else you're doing, to be a good parent. The right way to use this book is as a resource to support your current efforts to raise a happy, healthy, productive, and kind child. Our goal is to provide you with a deeper understanding of how and why your child might struggle and to give you options for helping your child move forward. You may want to scan this book for the chapters or vignettes that are most relevant for your child. Read these sections and give yourself time to reflect about how they relate to your beliefs, values, and parenting challenges. Please view the strategies we suggest as possibilities rather than prescriptions, and use only those that make sense for you. Every child is unique, and nobody knows your child and your family better than you do.

It's also important to take a long-term view. You can't rush cognitive and emotional development. Kids grow at their own pace, and our role as parents is to support that growth, not force it. Although the book is filled with do-able strategies, there are no gimmicks or quick fixes. Instead, the book focuses on

ways you can communicate with, guide, and support your child. Throughout the book, we emphasize learning and growing, rather than performing.

The Components of Smart Parenting

Parenting involves a delicate balance. On the one hand we need to cherish who our children are at this very moment. On the other hand, we need to support our children in moving forward. Achieving this balance requires four essential components of smart parenting:

1. A compassionate ability to view the world through our children’s eyes
2. The confidence to set judicious limits
3. A commitment to turn towards our children more often than away
4. Faith in our children’s ability to grow and learn

These four components underlie everything in this book.

Test scores and grades are good predictors of academic performance, but whether our children will be able to develop happy, productive, and fulfilling adult lives depends on much more than school smarts. All children need wise and caring guidance so they can develop the social and emotional skills that will serve as a foundation for everything they do. Our goal with this book is to support you in helping your kids develop internal tools so that they can pursue their passions, cope with difficulties, build relationships, and make what they wish of their lives. This book is about raising children rather than creating impressive products.

Would you like to read more?

Smart Parenting for Smart Kids:

Nurturing Your Child’s True Potential

will be available wherever books are sold, starting March 2011.

Pre-order your copy today!

TABLE OF CONTENTS

INTRODUCTION: Rethinking potential

1) TEMPERING PERFECTIONISM—What is “good enough”?

Michael: Focusing on flaws

Kirsten: Deflecting blame

Sam: Avoiding activities at which he doesn’t excel

Angela: Feeling inadequate

2) BUILDING CONNECTION—How does your child reach out to peers?

Andrew: Seeking an audience rather than a friend

Clay: Avoiding joining the group

Amalia: Feeling rejected by peers

3) MANAGING SENSITIVITY

—How does your child handle criticism, conflict, and disappointment?

Mario: Perceiving betrayal

Jessica: Balking at constructive criticism

Samir: Chafing at a change of plans

Collin: Shouldering the world’s

4) HANDLING COOPERATION AND COMPETITION

—How does your child fit in a group?

Steven: Insisting on his way

Anita: Being a sore loser

Misha: Fearing competition

Craig: Opting out

5) DEALING WITH AUTHORITY

—How does your child respond to those in charge?

Lisa: Being blind to authority

Nicholas: Making everything an argument

Stephanie: Fretting about adults’ anger

6) DEVELOPING MOTIVATION—What matters to your child?

Ethan: Avoiding schoolwork

Jared: Complaining that schoolwork is boring

Diane: Not applying herself in school

7) FINDING JOY—What makes your child feel happy?

Monica: Finding fault instead of fun

Conner: Searching for personal meaning

Conclusion—The pressure to perform versus the power to grow

References

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or www.MarkLowenthal.com

Skype or speakerphone visits and discussion questions available for book clubs.

About the Authors

Eileen Kennedy-Moore, PhD, is a clinical psychologist with a private practice in Princeton, New Jersey, where she works with children, adults, and families. She is coauthor of a book for parents, *The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends* (Little, Brown), and a book for mental health professionals, *Expressing Emotion* (Guilford Press). She is also the author of an award-winning children's book, *What About Me? 12 Ways to Get Your Parents' Attention Without Hitting Your Sister* (Parenting Press). Dr. Kennedy-Moore frequently speaks at schools, conferences, and community group events about children's feelings and friendships. She and her husband have four lively school-age children.

Mark S. Lowenthal, PsyD, has helped many children and their families during his twenty-two years as a clinical psychologist. He has a full-time private practice in Maplewood, New Jersey, working with children, adolescents, and adults. Previously, he served as the director of the Child and Adolescent Outpatient Psychiatric Program at Trinitas Hospital, in Elizabeth, New Jersey. Dr. Lowenthal has been a longtime advocate on behalf of children with mental health issues, helping to shape policy on a state and local level. He and his wife, a pediatrician, have two children.

My kid is smart, but...

It takes more than school smarts to create a fulfilling life. In fact, many bright children face special challenges:

- Some are driven by perfectionism
- Some are afraid of effort, because they're used to instant success
- Some routinely butt heads with authority figures
- Some struggle to get along with their peers
- Some are outwardly successful but just don't feel good about themselves

Smart Parenting for Smart Kids is a practical and compassionate book that explains the reasons behind these struggles and offers parents do-able strategies to help children cope with feelings, embrace learning, and build satisfying relationships. Drawing from research as well as the authors' clinical experience, it focuses on the essential skills children need to make the most of their abilities and become capable, confident, and caring people.

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“This book is a literal Godsend. Parents will find great wisdom in its pages.”

—Stephen R. Covey, author, *The 7 Habits of Highly Effective People*

“A smart, deeply perceptive and important book.”

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“Helps parents see how to encourage their children to develop as whole people with feelings, ideas, and the ability to cope with the occasional disappointment.”

—Roberta Michnick Golinkoff, PhD, author, *Einstein Never Used Flash Cards*

“A fresh parenting book filled with vignettes and strategies for raising smart kids to become healthy, happy and contributing adults. It shines light on the mindset needed to counter the effects on our children of our high-stakes culture and education system.”

—Vicki Abeles, Producer and Co-Director, *Race to Nowhere*

“This warm and wise book shows parents how to nurture the social and emotional skills that all children need to succeed. It's filled with practical strategies parents can use to help children discover and develop their true potential.”

—Michele Borba, PhD, author of *The Big Book of Parenting Solutions*