

Build Extraordinary Relationships with Your Kids Through Daily Conversation

New Canaan Cares
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What does
happiness look like
for your adult child?



A Framework for Reflective Practice

Developing Character
Promoting Independence
Nurturing Well-Being
Fostering Community



Trends in Research

Interpersonal Skill Development

Lack of Advocacy

Doing School



Resources

American Academy of Pediatrics

National Sleep Foundation

Stanford Survey of

Adolescent School Experiences

Common Sense Media

Substance Abuse & Mental Health

Services Administration



Homework

HS Average: 3.14 hrs/night

MS Average: 2.64 hrs/night

Elementary: 3 times recommended
amount



Extracurriculars

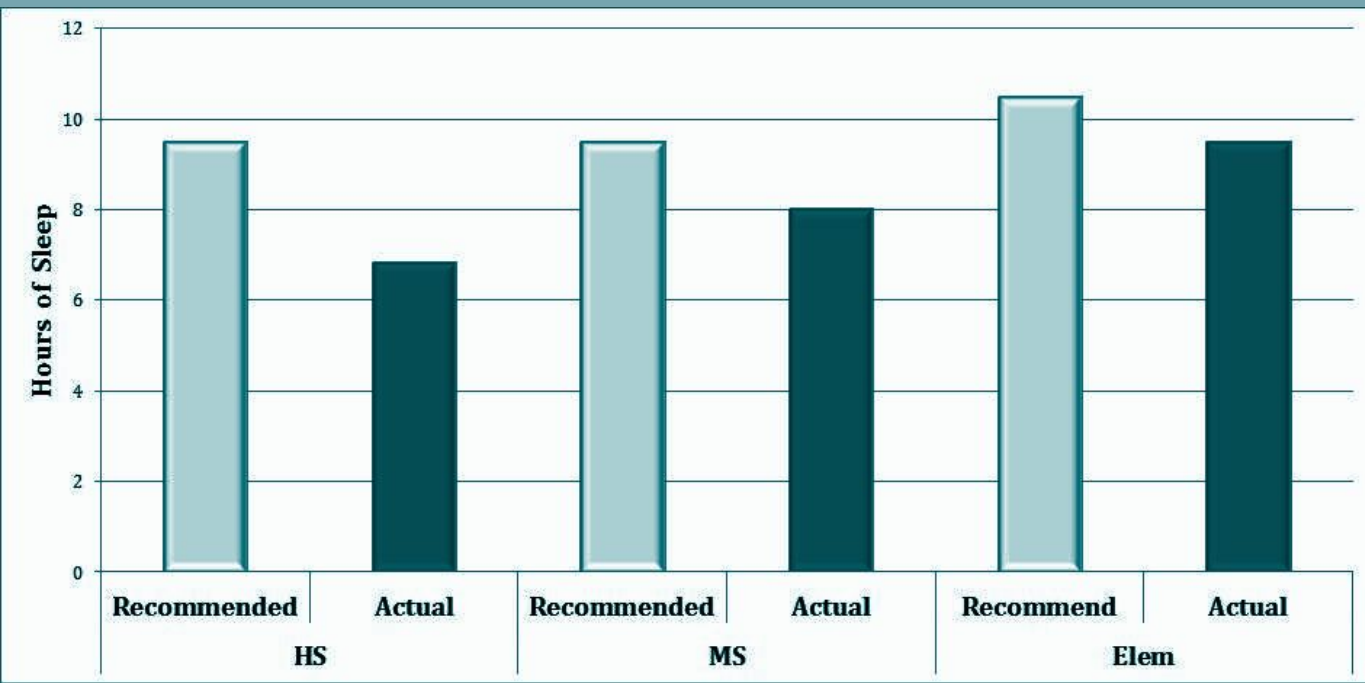
More than 85% participation

MS students about 6.9 hrs/wk

HS students about 10.5 hrs/wk



Sleep



Academic Integrity

Self-Reported Cheating:

75% HS

66% MS

30% Elem



Anxiety & Depression

25% adolescents have anxiety
(median age of onset: 11)

1 in 5 teens experience depression

46% inc. in teen suicide (2007)



Social Media

Average 9hrs/day on digital media

Cyberbullying 34% of teens (+19%)

Effects of metric phobia and FOMO

Cyberstalking





What's your biggest communication challenge?



“LISTENING IS MUCH MORE THAN ALLOWING ANOTHER TO TALK WHILE WAITING FOR A CHANCE TO RESPOND...THE BEAUTY OF LISTENING IS THAT THOSE WHO ARE LISTENED TO START FEELING ACCEPTED, START TAKING THEIR WORDS MORE SERIOUSLY AND DISCOVERING THEIR OWN TRUE SELVES. LISTENING IS A FORM OF SPIRITUAL HOSPITALITY BY WHICH YOU INVITE STRANGERS TO BECOME FRIENDS.”

HENRI NOUWEN



Conversation Checklist

Tone - Am I engaged & productive?

Setting - Am I comfortable?

Timing - Do I need a moment?



General Strategies

Reserve Judgment Focus on Positive

Validate Ideas Be Direct

Let Go of
Expectations Ask Open-Ended
Questions



Types of Conversation

Heart-Based

Character

Dangerous

Brave

Uncomfortable



Opening Heart-Based Conversations

Support friendships

Be a parent & not a friend

Encourage & model self-love Name
emotions

Celebrate self-awareness

Lean in to intimacy



Navigating Uncomfortable Conversations

Acknowledge discomfort

Step outside comfort zone

Be honest and direct

Notice transitions & their effects

Understand & respect consent



Braving Dangerous Conversations

Honor appropriate development

Learn from mistakes

Judge sparingly

Relinquish total control

Respect independence

Assume good intentions



Nurturing Character Conversations

Encourage decision-making
Follow through with consequences
Honor developing morals & values
Develop a practice of gratitude



Fostering Brave Conversations

Show & acknowledge vulnerability,
Stand up for and with your child
Support & model growth mindset
Find opportunities to foster courage
Make home safe & comfortable
Be approachable



Reflective Practice In Action

Challenges and Opportunities



Reflective Practice In Action

Think of a challenge or success

What do you own in the experience?

What will you tweak or re-create?

Be patient!



Thank You!

Please Buy the Book!

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