

# EQUIPPING THE [St. Luke Lutheran} SAINTS FOR LIVING

## **Parenting and Childing -- Boys and Girls -- Young and Old**

**Our Guides: Mary Pipher, the Kabit-Zinns, the Coveys, Bowen, Friedman, ETC.,**

**Tools: Guides + Search Institute's "Healthy Communities - Healthy Youth" 40 Developmental Assets**

[Peter J. Jessen/3-5&12-00; \*Pipher suggestions added on 4-26-00]

**Mary Pipher:** (1) "To totally accept the cultural definitions of femininity and conform to the pressures is to kill the self. (2) "... girls in our culture get "false self-training" "America today is a girl-destroying place." However, (3) "once girls understand the effects of the culture on their lives, they can fight back." Parents: "Fence at the top of cliff or an ambulance at the bottom of cliff?"

**Steven R. Covey :** "How can we, parents and teens, inspire each other to stay motivated to work on developing and keeping the best habits possible to enable us to grow the best relationship possible with each other, now and throughout our lives?"

**Sandra Scarr:** "Opportunity breeds predestination."

1. **By Mary Pipher:** Reviving Ophelia: Saving the Selves of Adolescent Girls "An eye-opening look at the everyday dangers of being young and female, and how adults can help." AND The Shelter of Each Other: Rebuilding Our Families "Does for the family what her best-selling Reviving Ophelia did for teenage girls .... realities ... choices ... caring homes for our children...renewed meaning in our lives.")"Not everyone has a teenage daughter, but we all come from families, and they are the backbone of our society."
2. **Mary Pipher also recommends** William J. Doherty, The Intentional Family: How to Build Family Ties in Our Modern World, which calls "A home improvement manual for the modern family"; Nick Stinnett and John DeFrain: Secrets of Strong Families; David Meyers and Martin E. Myers, The American Paradox: Spiritual Hunger in an Age of Plenty\*
3. **Myla and Jon Kabit-Zinn,** Everyday Blessings: The Inner Work of Mindful Parenting "I consider this a necessary book if you are a parent... or are **not** a parent. ...it not only is an invaluable how-to-parent guide, but a beautiful and wise how-to-live primer."
4. **The Coveys:** **Sean Covey,** The 7 Habits of Highly Effective Teens, and his father Stephen R., The 7 Habits of Highly Effective Families
5. **Re BOYS:** **Myriam Miedzian,** Boys Will Be Boys: Breaking the Link Between Masculinity and Violence (males turning to violence is cultural, not biological); **Robert M. Sapolsky,** The Trouble with Testosterone: And Other Essays on the Biology of the Human Predicament (Testosterone does not increase aggression); and, recommended by Mary Pipher: **William S. Pollack,** Real Boys : Rescuing Our Sons from the Myths of Boyhood\*; and **Dan Kindlon,** Raising Cain : Protecting the Emotional Life of Boys\*
6. **Edwin Friedman:** Generation to Generation: Family Process in Church and Synagogue (Friedman follows Murray Bowen's Family Systems Theory; when better understand place in family of origin = self differentiate well = able to be a better parent).
7. **Role playing & overcoming problems:** **Paul G. Stoltz:** Adversity Quotient (learn optimism, not helplessness); **Dale Carnegie:** How to Win Friends and Influence People (the all time classic), and **Viktor Frankl:** Man's Search for Meaning (despite pain-guilt-death). **Harvey Macay:** Sharkproof yourself: Beware the Naked Man Who Offers You His Shirt
8. **Keeping marriages together:** **Michael J. McManus,** Marriage Savers: Helping Your Friends and Family Stay Married (90% who go on marriage encounters stay together, even if they have already filed), and **Michele Weiner-Davis,** Divorce Busting: Marriage-Saving Techniques.
9. **Spiritual Practices:** **Fred and Mary Ann Brussat:** Spiritual Literacy: Reading the Sacred in Everyday Life. And 100 Ways to keep your Soul Alive: Living Deeply and Fully Every Day.
10. "40 Development Assets" packet of materials from ELCA and Search Institute, provided by Lutheran Brotherhood

**Key terms:** Social & Personal Change - Culture - Tiospayes - Roles/Instinct Substitutes/Habits - Lists/Recipes - Empowerment (Negotiable) - Non-Anxious Presence - Sovereignty/Autonomy - Read/Association - Calculus of Meaning/Pain - Disclosure - Family as 3rd circle from 2 families' circles of origin - Birth Order - "Healthy Communities, Healthy Youth" - 40 Developmental Assets - Goals Per Action