

## PARENTING RESOURCES: Parenting in 21<sup>st</sup> Century

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**PARENT COACHING:** For parents with children kindergarten-high school, who would like a one on one meeting to discuss parenting questions and concerns. Jani Holyan, MA, the Clayton district parent coach, can provide you with resources and strategies to address the issues at hand or help you find an appropriate resource within the community. Fees and appointment information are available by calling the Family Center at 314-854-6923.

**MYERS BRIGGS TEMPERAMENT EVALUATION:** For parents and children 2<sup>nd</sup> grade through high school. Jani Holyan, MA, will meet with you and your child to determine temperament styles and how to help your child and family thrive. Call Jani Holyan at the Family Center at 854-6923 for more info or email at [janelleholyan@claytonschoools.net](mailto:janelleholyan@claytonschoools.net) for scheduling and fee information.

**PARENTS AS TEACHERS:** Early learning program to support parents of young children. Free to all district families with children prenatal-kindergarten entry. We provide developmental information and yearly screening along with parent support and strategies for the everyday questions and challenges of parenting young children. Go to [www.parentsasteachers.org](http://www.parentsasteachers.org)

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### TEMPERAMENT

- *Kids, Parents, & Power Struggles*, by Mary Sheedy Kurcinka
- *Raising Your Spirited Child*, by Mary Sheedy Kurcinka
- *What Type Am I? Discover Who You Really Are*, by Renee Baron (Myers Briggs)
- *Nurture by Nature: Understand Your Child's Personality Type*: by Tieger & Barron-Teiger
- *Quiet Kids: Help Your Introverted Child Succeed in an Extraverted World*, by Christine Fonseca
- *Great Minds Don't Think Alike: Success for Students through the Application of Psychological Type In School*, by Diane Payne and Sondra VanSant
- *Wired for Conflict: The Role of Personality In Resolving Differences*, by Sondra VanSant.

### COMMUNICATION/ GENERAL PARENTING

- *Zero to Five: Essential Parenting Tips Based on Science*, by Tracy Cutchlow
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Faber & Mazlish
- *How to Talk So TEENS will Listen & Listen To Teens Will Talk*, "

- *Confident Parents, Remarkable Kids*: by Bonnie Harris
- *The Secret of Happy Families*, by Bruce Feiler \*Ted Talk
- *Nurture Shock, New Thinking About Children*, by Po Bronson and Ashley Merryman

#### SELF-REGULATION: MANAGING FEELINGS

- *Sleepless in America: Practical Strategies To Help Your Family Get the Sleep It Deserves*, by Mary Sheedy Kurcinka
- *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life*, by Stuart Shanker (2016- still in hardback)
- *Scream Free Parenting: Raising Your Kids by Keeping Your Cool*, by Hal Runkel, (e-newsletter- [screamfree.com](http://screamfree.com))
- "Just Breathe" [www.youtube.com/watch?v=RVA2N6tX2cg](http://www.youtube.com/watch?v=RVA2N6tX2cg)
- *Calm Down Time*, by Elizabeth Verdick (board book for young children)

#### ADOLESCENCE:

- *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You & Your Teen*, by David Walsh, PhD
- *Age of Opportunity: Lessons from the New Science of Adolescence*, by Laurence Steinberg.
- *The Blessing of a B Minus*, by Wendy Mogel, \*Ted Talk: Raising Resilient Children & Teens
- *Queen Bees and Wannabes*, Rosalind Wiseman (teenage girls)
- *Masterminds and Wingmen*, Rosalind Wiseman (teenage boys)

#### COLLABORATIVE PROBLEM SOLVING

- *Raising a Human Being, Creating a Collaborative Partnership with Your Child*, by Ross Greene, PhD, website: <http://www.livesinthebalance.org>

#### CULTURE

- *All Joy and No Fun, The Paradox of Modern Parenthood*, by Jennifer Senior
- *The Carpenter and the Gardner*, by Alison Gopnik
- *How to Raise An Adult: Break Free of the Over-parenting Trap and Prepare Your Kid for Success*, by Julie Lythcott-Haims, \*Ted Talk} How to Raise Successful Kids
- *Teach Your Children Well*, by Madeline Levine

#### MEDIA/TECHNOLOGY:

- Common Sense Media: <https://www.commonsensemedia.org/>

**Advice**

*" A healthy social life is found only when in the mirror of each soul, the whole community finds its reflection, and when in the whole community the virtue of each one is living. "*

Rudolf Steiner

*" He who knows others is wise; he who knows himself is enlightened. "*

Taoist Scripture

To some extroverts, their less outgoing counterparts may seem cold, distant and probably lonely. To some introverts, their more gregarious and outward-oriented opposites can appear loud, a little too talkative and even downright annoying. Although seeing these two types together would appear to be nearly impossible, the truth is that with a little understanding and mutual respect of each other's needs and boundaries, extroverts and introverts can live in relative harmony. The following advice offers helpful tips on how to better appreciate and get along with both orientations. Remember that introversion and extroversion are typically not choices. Trying to force an extrovert to be more introverted and vice versa is unfair and would likely have negative consequences.

**Tips on understanding introverts:**

- Don't put them on the spot or force them to make snap decisions (especially in front of other people ? in class, meetings at work, etc.). Introverts prefer having time to gather their thoughts and thoroughly think things through. If you want a well-informed response or quality work you'll get it ? just give them some time.
- Introverts generally don't like last minute changes in plans ? they're very methodical and like to follow a certain schedule. If you're going to cancel an outing with an introvert or need them to get something done before a deadline, give them a sufficient heads-up.
- Remember that when it comes to face-to-face interaction, not all introverts (or people in general for that matter) are verbal virtuosos or born conversationalists. Don't mistake this for shyness or aloofness, however. In most cases, they are likely much more adept at expressing themselves in writing or other creative forms. In addition, introverts tend to be great listeners ? just don't talk their ear off!
- Being around people for too long can be exhausting for introverts (especially when it comes to boisterous get-togethers), so many of them will purposely seek out solitude. This doesn't mean they don't enjoy people's company however ? they simply prefer it in moderation. Respect their need for privacy and alone time.
- Small-talk generally isn't something that introverts enjoy. Most are very introspective and therefore, will often take pleasure in deep, intimate conversations. So, sit back and listen once in a while ? they have some pretty interesting things to say!
- Like most people, introverts don't really like to be interrupted when speaking. If you really need to say something, at least wait until they finish their thought.
- Although it may not seem like an introvert is listening to you, chances are that they're simply processing all that you're saying. Be patient if you don't get an immediate response. Introverts may choose not to comment simply because at that moment, they really have nothing to say.
- Most introverts need their personal space, especially in the physical sense of the word. Invading the area where they spend their solo time or moving their things around can be really frustrating to them. Respect their boundaries.
- Food for thought! Here are just a few examples of some well-known introverts to consider: Albert Einstein,

Bill Gates, Charles Darwin, Mother Teresa, Steve Martin, Katherine Hepburn, and Carl Jung.

**Tips on understanding extroverts:**

- Extroverts are often known to think "out loud". Granted, it may seem as though they're jumping from one random thought to the next (or they may keep repeating themselves), but this is the manner in which they generate ideas, solutions, and better understand the world overall. Despite what some may think, extroverts don't purposely hijack conversations or speak at length on an issue because they enjoy the sound of their own voice. They simply have a great deal they wish to express.
- "Party" and "fun" are not the only two words in an extrovert's vocabulary. There are many who don't mind spending a quiet night at home as long as they've got some company.
- Extroverts are not insatiable beasts who want to hog all the attention, nor are they incapable of being independent. Although they won't wilt and die in solitude like a plant without sunlight, too much of it can sap their energy and leave them feeling a little down. Remember - extroverts are most motivated and energetic when they're around people.
- Extroverts don't purposely invade your space, pop in for a visit or call you up because they want to annoy you ? they simply enjoy your company. Also, when they're feeling down or upset, they are more likely to seek out others.
- When a problem or task has to be dealt with, a decision needs to be made or a question answered, most extroverts are people of action ? they want to get it done *now*. If you're the type of person who needs time to think things through, make this clear to them ? just don't take too long!
- In order to better grasp something, extroverts prefer to experience it. For instance, you can go into as much detail as you want about how amazing a restaurant you visited was ? the atmosphere, d?cor, the type of food ? but in order for an extrovert to truly empathize with you, they just may have to visit the restaurant themselves.
- Food for thought! Here are a few examples of some well-known extroverts to consider: John F. Kennedy, Bill Clinton, Madonna, and even the loveable Homer Simpson.

## THINKERS

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- Excellent critical thinker
- Decisions based on logic & facts.
- Decisions guided by what makes sense, what is true and just.
- Can be blunt and factual: easier to explain what happened than what they feel.
- Convince others by proving their point.
- When upset, step away from feelings that feel too overwhelming.
- Upset if rules are changed or things seem unfair.
- Thinkers want to move to problem solving right away.
- Criticized for being too analytical or insensitive.
- Need to understand 'why' to feel comfortable.
- Easily upset if they make a mistake or fail.
- Competence is highly valued.
- Highly value achievement.
- Often their own toughest critic.
- Hate to review their mistakes.
- Need specific comments and feedback. General praise is suspect.
- Apologizing can be very hard > feels like a sign of weakness or incompetence.

## FEELERS

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- Very aware of the body language and nonverbal communication of others.
- Strongly consider the impact of their decisions on other people.
- Decisions are guided by what 'feels' right.
- Can step into and experience the feelings of others around them.
- Can get overwhelmed by feelings.
- Viewed as too sensitive or dramatic.
- Motivated to create harmony.
- Upset by conflict.
- Convince others through persuasion.
- Need their feelings acknowledged before they can move forward.
- Someone dismissing your feelings will cause your intensity to skyrocket.
- Need empathy first then brainstorming.
- Easily hurt by criticism
- Needs to feel secure in relationship to work best.

*Adapted from:  
Kids, Parents & Power Struggles,  
by Mary Sheedy Kucinka*

## COACHING THINKERS/ FEELERS

### THINKERS

#### **Deal with facts first.**

Ask/ Say:

"Tell me what happened?"

"Was something unfair?"

"Did someone say something you didn't like?"

"How did you see it?"

#### **Let Them Feel Competent**

Avoid dwelling on past mistakes.

Recognize the need to feel competent.

#### **Justly apply the rules:**

"You don't like when the rules get changed."

"You didn't expect this..."

"Are you trying to understand why the rule was changed?"

#### **Explain Why:**

Respect their need to understand the rationale for things.

Their questioning is often to clarify the facts, analyze them and understand why. Don't take their opposing view personally.

#### **Words for increasing sensitivity:**

Instead of "you're wrong!" You can say "Huh, I see it differently."

Thought bubble: start with their experience. You noticed.... Is there a way you can say that without hurting your friend's feelings?

#### **Set goals before an activity**

#### **If a limit needs to be set:**

Say: "I know you are upset. What happened today can't happen again. Let's you and I work together to figure out a plan for tomorrow."

### FEELERS

#### **Acknowledge Feelings:**

Don't patronize, just acknowledge

"I can see that you are really upset."

"This sounds tricky. I can see why you'd be confused."

"Wow, that sounds tough."

"Whew, sounds like you had a tough day."

"That sounds really frustrating."

"I'm so sorry this happened."

#### **Find Solutions that 'feel right'**

Listen to their perspective and what's important to them.

Brainstorm what might work

#### **Reassure them your relationship is**

**solid:** Disapproval or conflict can immobilize the feeler and leave them unable to move forward until the conflict is resolved. The relationship is the most important thing, not the issue at hand.

#### **Teach Them How to Be Assertive:**

Feelers have to learn to be honest about their emotions even if it would hurt someone's feelings

#### **Teach them to look at the facts:**

The best decisions consider both feeling and fact.