

A close-up photograph of a single, light grey puzzle piece set against a vibrant yellow background. The puzzle piece is the central focus, with its interlocking edges clearly visible. The text is printed on the surface of the piece. The word "Parenting:" is written in a clean, white, sans-serif font, positioned in the upper half of the piece. Below it, the phrase "Seemed like a good idea." is written in a smaller, yellow, sans-serif font, following the curve of the piece's bottom edge. The lighting is bright and even, highlighting the texture of the paper and the sharp edges of the puzzle piece.

Parenting:

Seemed like a good idea.



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soundtracks

The Surprising Solution to **Overthinking**

THE STUDENT'S GUIDE TO TAPPING INTO
THE SUPERPOWER OF MINDSET

YOUR NEW PLAYLIST

New York Times
Bestselling Author

**JON
ACUFF** WITH L.E. ACUFF
AND MCRAE ACUFF

JON ACUFF "THE NEW YORK TIMES BESTSELLING AUTHOR" YOUR NEW PLAYLIST



Buffalo Leadership



Cow Mindset



I did a study...

- When I was in the classroom.
- I began to see this theme emerge.
- What didn't matter:
 - Race
 - Finances
 - Family dynamics
- What did matter
 - Parents and guardians philosophy, values and behaviors



Great kid defined

- Confident
- Swim in all social groups
- Did their best in things they cared about
- Comfortable around adults
- Resilient socially and emotionally
- No sense of entitlement
- B's or better.
 - Be there for others
 - Be there best
 - B's or better in school





What happened in these homes?

- Traditions
 - Sunday dinner
- Routines and predictability
- Parental transparency
- Role models that resolved conflict openly and as an opportunity
- No secrets
- Family First: family was the center of all decisions and actions
- Responsibility for each member
- High expectations



Great homes
have
predictability
and a language



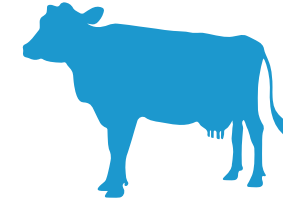
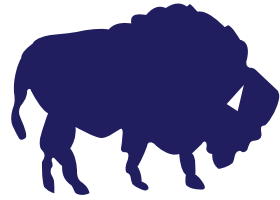
Creating a culture with one language

- Let's process the tool.



TOOL

COACHING TO SUPPORT



HEALTHY VENTING

- Self-reflective
- Clear and focused on one issue
- Focuses on solutions
- Expresses, in a short period of time, the issue they are facing
- Open to feedback
- Accepts personal responsibility
- Aware of the emotional states of self and you
- Looking for coaching and ideas


EMOTIONAL DUMPING

- Reactive
- Overwhelms others with multiple issues
- Blames others
- Defensive to constructive criticism
- Isn't open to finding solutions
- Repeats the same issues over and over
- Isn't respectful of, or listening to, your perspective
- Inconsiderate of time

1. Teach the language of venting verses dumping. Cultures and families need codes, and the only way to help you positively influence more people is if you're speaking the same language. Imagine if you had someone come up to you and just start sounding off - and you paused for a moment and said - hey, are you venting and looking for my guidance or are you dumping and looking for me to join in your misery?
2. Be empathetic and ask yourself - what would it be like to be them or what would I need if I were in this situation?
3. Listen. Actively listen (check for understanding, summarize what you are hearing and share like experiences to ensure you're hearing it all correctly).
4. Set some boundaries. If you can tell this is dumping and not venting, call it out and ask - what are you looking to get from me and are you looking to fix this? If not, I can only spend X amount of time on this today. I care about you deeply and we should move onto other topics that are more emotionally and personally beneficial. Call it out.

Process for Venting v. Dumping

Be who you needed
when you were younger

A white, torn paper effect is visible at the bottom of the image, appearing as a jagged, irregular white shape against the black background.



Empathy Parenting Basics

- Two Reminders:
 - No one give a hoot what it was like for you.
 - You really don't understand. It's their reality - not yours
- Three reflections
 - What would it be like to be them right now?
 - What do I need to do different for them to find _____? (Ask)
 - If not me then who?

Networks of Support

Parents should create a layered sanctuary of support
for their children.

Activity for you with your children

- Identify who in their lives they trust and love (who they really value).
- Guiding question – if you were really sick and we weren't available – who would be four people you'd call for advice?
- Collect those names and then ask:
 - What is it about each of them that you admire and why?
- Then have the conversation that you (the parent/guardian) are going to connect with those four and as that they are available for your child.

WHY?

Children deserve a network

- No parent is deemed an expert in their own home
- Other adult perspective allow the child to see frames
- Adulting children need to have multiple people of trust in their lives.
- Parents need layers of people that they can depend upon to support the mission:
 - Creating the conditions so that on the day your son/daughter decides to be who they want to be – they can
- Parents - -we don't get to decide!

Engage the network

- When:
- You don't know what to do
- When your child is spiraling
- When you feel helpless
- When you can see they need a mentor
- Cyclical issues
- When you're worried and need validation (plus or negative)