

## Strategies- Dr Judith Locke

These are some reflection questions our team member Brooklyn has written based on the seminar:

Where would you rate your son's motivation for school work at the moment?

Are there moments where you exhibit signs of overparenting? How does your child respond to this? What advice would you give your friend in this situation?

Are my expectations too high in some areas and too low in others with my children? Example, high academic expectations and low expectations around respect and household chores/commitments? How can I have more of a balance?

Dr Locke spoke about adolescents needing these essential skills:

1. Resilience (being able to cope with problems)
2. Self-regulation (which requires tapping into the future, and not a complete focus on your current mood)
3. Resourcefulness (using intelligence to improve the situation)
4. Respect (for others and authority)
5. Responsibility (not self focused, contributing to community)

Dr Locke spoke about how parents over-doing things for their son can impact on their son growing in these five areas. She used examples of enabling actions like tolerating headphones being used in the car, reading your son's school report before they do, knowing more about your son's assessments than they do, creating more of the conversation between you and your son, tolerating your son being rude to you, letting your son miss school events and doing most of the chores in the household. For instance, Dr Locke advised that if your son forgets something for the school day it is important for him to face the consequence of this at school. If as a parent you bring the forgotten item to the school you are actually preventing your son from learning that it is important to be organised. If we continually rescue our children, it can enable them to function in a learned helplessness (relying on others to solve problems).

You can find further information and strategies in Dr Locke's parenting book "The Bonsai Child".