

What's Happy Got To Do With It?



The Pittsburgh Alliance of University Schools (PAUS) sponsored a free lecture by “Dr. G.”, Dr. Deborah Gilboa, on Thursday, October 20, 2016 at Pitt’s Frick Fine Arts Auditorium for parents and educators from schools associated with PAUS to attend. Dr. G’s message focused on teaching children “the 3 R’s of respect, responsibility, and resilience” and then allowing children to practice these skills to develop “confidence, competence and good relationships”. She encouraged adults to give children opportunities to learn and practice “everything we want them to be able to do when they leave our homes ... while they are in our homes.” She advised that children need a “more intentional little bit less of you rather than more” to “give them the skills they need to manage” their experiences as they become adults.

Attendees were invited to subscribe to www.AskDoctorG.com/join as well as to email her directly with questions. Anyone referencing the October 20th talk will receive a personal response from Dr. G. In addition, enclosed in this newsletter is Dr. G’s “Chores Chart” for ways to include your child in household responsibilities.

Some observations by attendees:

- *“We really enjoyed Dr. G’s talk. Her approach is very practical and entertaining at the same time. She definitely provided us with some tips that will help us overcome some of our challenges as parents.”* Jillian Jochum, current parent, Children’s School
- *“I enjoyed attending the lecture by Dr. Gilboa presented in collaboration by Falk, the Children’s School and Carlow. Dr. Gilboa’s suggestions for raising confident and well-adjusted children were thoughtful and I credit both the Children’s School and Falk, two institutions that my children have attended/are attending, for beginning this discussion. I look forward to the next presentation.”* Jessica Morowitz, former Children’s School parent and current Falk School parent
- *“As a parent, I appreciated the clear and direct counsel Dr. G offered to help me think about how we can take action now to set our kids up for lifelong success. As a university administrator, I see first-hand the important role resilience plays in helping students navigate their college years. Dr. G helped us see that it’s never too early to start cultivating this quality in our kids. I found her advice on when your kid is ready for more responsibility and increasing autonomy to be especially helpful at my kids’ stages of development.”* Gina Casalegno, parent at Carlow Campus School, CMU Vice President for Student Affairs and Dean of Students
- *“Listening to Dr. G speak was an excellent opportunity for our family to begin practically thinking about our transition to the “Older Threes” at The Children’s School next fall. Many of her practical suggestions happened to be aimed at older children; however, the over-arching concepts of her theory apply across the lifespan and empowered me as a parent to feel confident in my role as ‘expert on my child.’ Dr. G’s three R’s: Resiliency, Responsibility, and Respect are not a method but a guide that is easily malleable to one’s own context. Her approach is conscious of culture and identity so it will allow us over time to adapt it to our family’s needs. I am grateful for the opportunity to take this time to have these conversations in a conscious way. I am able to look forward with more confidence and more eager anticipation to our transition to preschool next year.”* Darrah Bird, prospective parent and Children’s School alum