

"Being mentally healthy is not about feeling good. It's about having the right feelings at the right time and being able to manage those feelings effectively. For instance, it is healthy for a teen to feel disappointed after a poor test grade or a best friend moves away." *Dr. Lisa Damour 08/2024*

"The opposite of depression is not happiness, but vitality. Love your child, no matter what." *Dr. Andrew Solomon 09/2024*

"Don't judge the timetable of modern adulthood against how it was when you were young. Things have changed!" *Dr. Laurence Steinberg 4/2024*

"We need to expand the idea of normal challenges because avoidance, overprotection, and accommodations don't work. Teens may overestimate their anxiety and underestimate their ability to handle it." *Lynn Lyons 4/2024*

"The way we carry ourselves is our personal power. Simply moving your body in a confident manner can lead you toward greater confidence. Slow breathing, speaking slowly, asking questions/being curious, or using expanding posture and body language can help in social situations." *Amy Cuddy 8/2024*

"When we overemphasize achievement, kids start to infer that their value is defined by what they do not who they are. Love them for who they are not what they do." *Melinda Wenner Moyer 10/2024*

"It a teenager's job to explore and try on new perspectives. Just make sure your adolescent is an explorer and not a NOMAD. Be a safe, consistent, loving presence where they can land." *Becky Kennedy 8/2024*

"Delight in your child. Find a few moments everyday to appreciate them!" *Tina Payne Bryson 4/2024*

"Our children aren't stupid or naive. They see what we value and believe by our actions, not our words." *Rosalind Wiseman 8/2024*

"A conscious parent is one who understands their own issues and heals their own emotional baggage so they do not put it on their children." *Dr. Shefali Tsabary 1/2024*

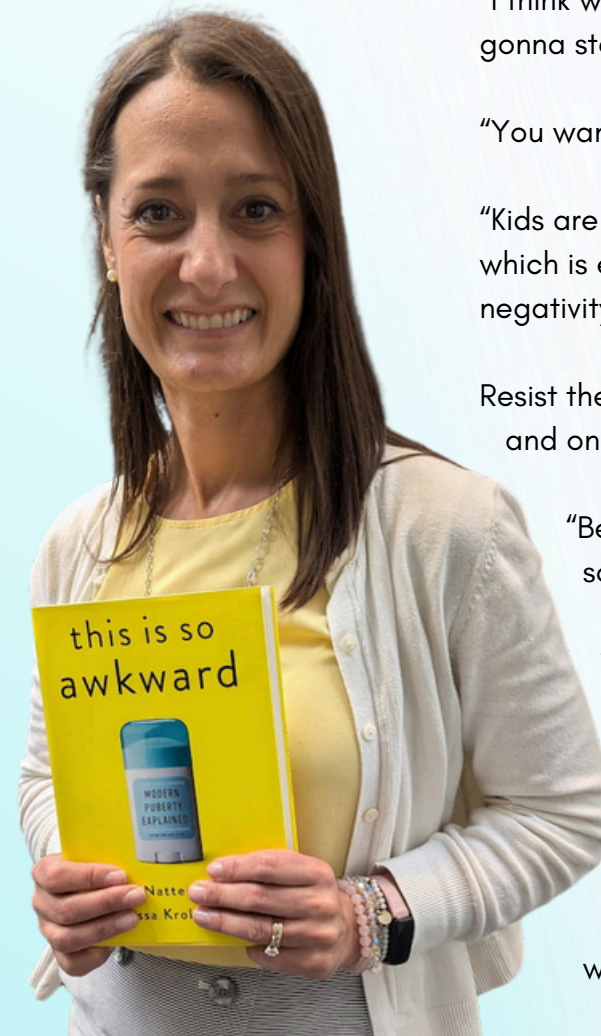
"Don't think of introversion as something that needs to be cured. The secret to life is to put yourself in the right lighting. For some, it's a Broadway spotlight; for others, a lamplit desk." *Susan Cain 1/2024*

"I'm not sure if I know any 'functional' families if functional means a family without difficult times and members who don't have a full range of problems." *David Sheff 1/2024*

"The acquisition of academic knowledge will not be enough for young people to compete; they also need strong technical competencies and -- most importantly -- 'soft skills' like work ethic, emotional intelligence and problem solving skills." *Mark Perna 2/2024*

*When a person is inclined to gratitude, they are less likely to be depressed, anxious, lonely, or envious.*  
*Dr Sonja Lyubomirsky 2/2024*

## Quoteable Moments



"Kids learn to regulate their emotions if we regulate ours and remain calm. It's not about winning the battle but staying connected and present with your child above all. Take care of yourself and reach out for support when needed." *Dr. Ann-Louise Lockhart 2/2024*

"There is not a human being in this world who does not settle down a bit when they've been heard, seen, and felt." *Lori Desautels 2/2024*

"Research suggests developing executive functioning skills such as organization, time management, prioritization, working memory, and adaptability is a more reliable predictor of success in academics and life than IQ, test scores, or socioeconomic status." *Ana Homayoun 12/2024*

"Be honest with teens about your financial situation. Don't be afraid to appeal the financial aid "package" you are offered. Start planning early, and do it as a family." *Ron Leiber 11/2024*

"Be an empathetic "curious scientist," and validate kids' concerns. Role-model remaining calm to help them ride out the wave of anxiety, and remember, avoidance won't help." *Dr. Laura Koehler 10/2024*

"Create a welcoming, positive tone and joyful vibe in your home. And connect with what brings you joy to more positively offer youth excitement about their future." *Dr. John Duffy 10/2024*

"People with ADHD have a Ferrari engine brain with bicycle-strength brakes, and it is the mismatch of engine power to braking capability that causes the misunderstandings." *Ned Hallowell MD 9/2024*

"I think we are desperately hoping that if we get enough information, parenting will stop being hard. It is never gonna stop being hard." *Dr. Aliza Pressman 8/2024*

"You want to be the calm positive voice kids hear inside their head." *Dr. Robin Silverman 4/2024*

"Kids are a work in progress. Middle Schoolers crave the approval of their peers (they're addicted to popularity) which is exacerbated by social media and the anxiety all kids feel. Don't 'mine for misery' or dwell on their negativity." *Judith Warner 5/2024*

Resist the "Righting Reflex" to fix, give advice, or minimize. Get comfortable allowing space in conversations and only speak after you reflect. They will listen when we listen." *Dr. Emily Kline 4/2024*

"Be your child's safe harbor and believe them when they say they are hurting. Be prepared to learn something new. Don't assume you know what is going on." *Donna Jackson Nakazawa 4/2024*

"Do right by all students, but pay particular attention to those in greatest need." *Dr. Tyrone Howard 2/2024*

"Human beings have an innate drive to be autonomous, self-determined, and connected to one another. And when that drive is liberated, people live richer lives." *Dan Pink 1/2024*

"Kids (and adults) do well if they can! We are all doing the best we with the skills we have to handle what the world is throwing at us." *Dr. Stuart Ablon 1/2024*