

GPS *Parent Series*

Navigating Healthy Families



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Quoteable Moments 2025

"Emotions are essential info, not enemies. You can't control triggers, but you can steer your response with "shifter" tools like: perspective shifting (zooming out, positive self-talk) or sensory shifting (environment, music, exercise). Avoiding emotional situations CAN at times be good. Try a distraction, or come back later." *Ethan Kross*

"Parents should focus on nurturing strong, close bonds with their children--the secret to motivating youth. Help them believe in themselves and their limitless potential to achieve their goals." *Susan Dominus*

"Suicide isn't about wanting to die; it's about not being able to imagine living the way things are. Thoughts are not facts. Open conversations reduce risk and build trust. Ask if someone is struggling. Suicide can never be a secret. Encourage them to talk to themselves with compassion--as they would talk to a friend." *Jonathan Singer*

"When you make a mistake, own up to it, apologize, and embrace the do-over. That is called being a parent. Puberty starts earlier and lasts longer--it's never too early or too late to have the chat." *Cara Natterson, MD*

"When we commend a child for their efforts, we're encouraging them to see their intelligence as something that can be nurtured or improved. This is what's known as a growth mindset. In contrast, when we praise a child solely for their intelligence, we're reinforcing a fixed mindset." *Dr. Susan David*

"Micromanaging breeds anxiety. Protecting them from every fall robs them of confidence. Give the gift of agency, trust, and space to stumble toward strength. "I believe in you" plants self-belief. Ownership breeds motivation--control fosters resignation. Guide them to develop their decision making muscle. Don't deprive them of their success." *Dr. William Stixrud and Ned Johnson*

"Understanding a child's behavior requires looking beyond yourself - it may not be about you. Assume the best. Give them a voice, the room to make mistakes & the benefit of the doubt. Embrace your own imperfections and lead by example. Seek to understand--before being understood & create a welcoming home." *Dr. John Duffy*

"Be fully present - put the phone away. Model healthy ways to cope with stress. Make time to really listen - it means everything. Especially in the hardest moments, let them know they are loved every day." *Sarah Vinson, MD*



"For young people, status and respect are everything. Treat them with the Mentor Mindset: hold them to high standards while offering lots of support. Ask questions instead of giving instructions."

Dr. David Yeager

"When we overemphasize achievement, kids begin to believe that their worth is defined by their accomplishments, not who they are. Show them love for who they are, not just what they do."

Jennifer Wallace

"The words you choose have the power to shape perceptions. Instead of focusing on your child's negative traits, try reframing them as positive ones (e.g. destructive vs. curious, exhausting vs. energetic) This influences self-image, as well as your own thoughts, perspectives, and attitudes."

Dr. Mary Sheedy Kurcinka

"The future of work demands critical thinking, flexibility, conflict management, innovation, self-direction, curiosity and empathy. Start with understanding your "why" for higher ed before considering "where," and look at "return on investment" when exploring careers for the next generation." *Ken Wallace*

"Engage early on and become a student of your child. Discover their interests and demonstrate genuine curiosity. Nurture their potential. Sleep, rest, and downtime are essential for growth."

Dr. Ronald Ferguson

"Kids do well if they can. If a child had the skills to meet demands and expectations, they would. Prioritize skill development over incentives. Strive to offer three positive comments for every negative one." *Ross Greene*

"Set clear rules and expectations. Discuss any family history. There are no safe street drugs. Using now can increase the risk of addiction later. Drugs impact athletic performance, appearance & driving." *Jessica Lahey*

"Humans require not only a sense of belonging and connection but also a sense of positively impacting the lives of others. Your kids hear 1% of everything you say and 100% of everything you do." *Scott Barry Kaufman*

"Introversion is not something that needs fixing. The key to life is: find your spotlight - whether it's a Broadway stage or a cozy desk lamp. There's no link between being the best talker and having the best ideas." *Susan Cain*

"Prioritize love over the win. Listen, pause, reflect, and empathize first before offering reassurance. Think to yourself: How can we meet everyone's needs? Show compassion to your children and to yourself."

Hunter Clarke-Fields

"Teach kids to be their own biggest fan and believe in their own potential and greatness."

Bill Cartwright

"Success isn't built on a foundation of perfection. It's built on the resilience we gain from trying, failing, and trying again. Creative activities are a great outlet for expressing emotions and reducing stress." *Martha Beck*

"Good mental health isn't about being happy all the time. It's about feeling the right emotions at the right time and learning how to manage them. To help youth cope with tough feelings, empathize, validate their disappointments, and work together to solve problems once things calm down. Be there to collect their emotional trash, and don't go to their highs and lows." *Dr. Lisa Damour*

"Embrace your child for who they are, not who you wish they were. This will boost your confidence as a parent and help your kids feel valued. It's not about solutions, it's about offering support."

Ellen Braaten

"Misbehavior is a symptom of an underlying need. Look for patterns before and after it. What does the student get from it? Validating their feelings helps de-escalate the situation." *Jessica Minahan*

"Limit college-related discussions to Sunday evenings to minimize stress and make the most of family time. Focus on individual fit rather than a brand name." *Jeff Selingo*

"Kids learn to manage their emotions when we manage ours. Strive to be the calmest person in the room. Empathy and predictability help kids feel safe and secure. See discipline as teaching, and don't worry about being perfect. Practice saying 'Maybe I was wrong'." *Dr. Tina Payne Bryson*

"Older kids, not younger ones, wish they had more quality time with their parents." *Ellen Galinsky*

"Be your child's safe harbor. Believe them when they say they're hurting. Don't assume you know what's going on with them. Be open, and be ready to learn something new."

Donna Jackson Nakazawa

"Connection is key. Learning thrives in safety, belonging, and security—in fact learning demands it. Understand it's not about what is wrong with you but perhaps...what happened to you."

Bruce Perry, MD

*Warmest wishes for a joyful season
We are grateful for you!*

Gilda Ross

Gilda Ross, Director GPS Parent Series

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