

WEBVTT

NOTE duration:"01:02:57"

NOTE recognizability:0.889

NOTE language:en-us

NOTE Confidence: 0.80791087

00:00:02.120 --> 00:00:04.094 Good afternoon everyone.

NOTE Confidence: 0.80791087

00:00:04.094 --> 00:00:08.700 Uh, greetings and welcome to grand rounds

NOTE Confidence: 0.80791087

00:00:08.808 --> 00:00:12.896 and I am very happy with today's speaker.

NOTE Confidence: 0.80791087

00:00:12.900 --> 00:00:15.308 But before I tell you all about him,

NOTE Confidence: 0.80791087

00:00:15.310 --> 00:00:16.654 let me give you a heads up.

NOTE Confidence: 0.80791087

00:00:16.660 --> 00:00:20.084 Next week we're going to have a biological

NOTE Confidence: 0.80791087

00:00:20.084 --> 00:00:23.500 talk with one of our colleagues at Yale,

NOTE Confidence: 0.80791087

00:00:23.500 --> 00:00:25.385 Dr Mustafa Khokha,

NOTE Confidence: 0.80791087

00:00:25.385 --> 00:00:27.478 who's going to be talking about some

NOTE Confidence: 0.80791087

00:00:27.478 --> 00:00:29.095 of the basic science behind what

NOTE Confidence: 0.80791087

00:00:29.095 --> 00:00:30.733 we're going to be talking about,

NOTE Confidence: 0.80791087

00:00:30.740 --> 00:00:32.930 which is development and parenting.

NOTE Confidence: 0.80791087

00:00:32.930 --> 00:00:36.276 So Kieran will tell us all about.

NOTE Confidence: 0.80791087

00:00:36.280 --> 00:00:40.390 Doctor Coca next week and today.  
NOTE Confidence: 0.80791087

00:00:40.390 --> 00:00:44.128 I'm really very happy to welcome a  
NOTE Confidence: 0.80791087

00:00:44.128 --> 00:00:46.965 dear friend David were two who is  
NOTE Confidence: 0.80791087

00:00:46.965 --> 00:00:49.880 like the first day of kindergarten.  
NOTE Confidence: 0.80791087

00:00:49.880 --> 00:00:51.780 He just started school yesterday.  
NOTE Confidence: 0.80791087

00:00:51.780 --> 00:00:54.014 This is literally his second day  
NOTE Confidence: 0.80791087

00:00:54.014 --> 00:00:57.073 on a new job and he joins us  
NOTE Confidence: 0.80791087

00:00:57.073 --> 00:00:59.810 from Eugene OR where he is now.  
NOTE Confidence: 0.80791087

00:00:59.810 --> 00:01:01.920 The medical director of Lane  
NOTE Confidence: 0.80791087

00:01:01.920 --> 00:01:04.084 County Behavioral Health in Eugene.  
NOTE Confidence: 0.80791087

00:01:04.084 --> 00:01:06.766 And Dave has moved there literally  
NOTE Confidence: 0.80791087

00:01:06.766 --> 00:01:09.425 last week to start yesterday  
NOTE Confidence: 0.80791087

00:01:09.425 --> 00:01:11.657 from Vermont from Burlington,  
NOTE Confidence: 0.80791087

00:01:11.660 --> 00:01:14.474 where he was for many years as  
NOTE Confidence: 0.80791087

00:01:14.474 --> 00:01:16.644 part of the Vermont machine.  
NOTE Confidence: 0.80791087

00:01:16.644 --> 00:01:20.018 One of the most remarkable child psychiatric

NOTE Confidence: 0.80791087

00:01:20.018 --> 00:01:22.384 programs in the country with Jim,

NOTE Confidence: 0.80791087

00:01:22.384 --> 00:01:25.450 who check with Rob Altoff and part

NOTE Confidence: 0.80791087

00:01:25.450 --> 00:01:28.300 of the group that developed the

NOTE Confidence: 0.80791087

00:01:28.300 --> 00:01:30.912 Vermont family based care which is

NOTE Confidence: 0.80791087

00:01:30.912 --> 00:01:33.018 truly inspirational not only in what

NOTE Confidence: 0.80791087

00:01:33.018 --> 00:01:34.940 they're able to do for children.

NOTE Confidence: 0.80791087

00:01:34.940 --> 00:01:35.670 And families,

NOTE Confidence: 0.80791087

00:01:35.670 --> 00:01:38.225 but how they really have moved the

NOTE Confidence: 0.80791087

00:01:38.225 --> 00:01:40.520 needle in terms of preventive work.

NOTE Confidence: 0.80791087

00:01:40.520 --> 00:01:42.480 Preventive care.

NOTE Confidence: 0.80791087

00:01:42.480 --> 00:01:45.664 David, in addition to his work in Vermont,

NOTE Confidence: 0.80791087

00:01:45.670 --> 00:01:50.070 is a force of nature himself and one

NOTE Confidence: 0.80791087

00:01:50.070 --> 00:01:53.248 of the forces of his nature is that

NOTE Confidence: 0.80791087

00:01:53.248 --> 00:01:56.165 he is an excellent communicator and

NOTE Confidence: 0.80791087

00:01:56.165 --> 00:01:58.525 what I mean by that is that Dave

NOTE Confidence: 0.80791087

00:01:58.525 --> 00:02:01.075 has given a couple of Ted talks  
NOTE Confidence: 0.80791087

00:02:01.075 --> 00:02:03.490 that are really quite mesmerizing.  
NOTE Confidence: 0.80791087

00:02:03.490 --> 00:02:06.282 He has written two books for I would  
NOTE Confidence: 0.80791087

00:02:06.282 --> 00:02:09.309 say a sophisticated lay audience.  
NOTE Confidence: 0.80791087

00:02:09.310 --> 00:02:13.230 The first one on temperament which was.  
NOTE Confidence: 0.80791087

00:02:13.230 --> 00:02:13.816 Uhm, really.  
NOTE Confidence: 0.80791087

00:02:13.816 --> 00:02:16.160 The kind of a Tour de force for  
NOTE Confidence: 0.80791087

00:02:16.227 --> 00:02:18.122 lay audiences on what temperament  
NOTE Confidence: 0.80791087

00:02:18.122 --> 00:02:20.290 is and how important it is.  
NOTE Confidence: 0.80791087

00:02:20.290 --> 00:02:22.650 In his second book, recent book came out,  
NOTE Confidence: 0.80791087

00:02:22.650 --> 00:02:23.690 if I'm not mistaken,  
NOTE Confidence: 0.80791087

00:02:23.690 --> 00:02:27.365 this year in 2021 or 2020 has unmistakably  
NOTE Confidence: 0.80791087

00:02:27.365 --> 00:02:31.360 good title of parenting made difficult,  
NOTE Confidence: 0.80791087

00:02:31.360 --> 00:02:33.019 and I'm sure that Dave is going  
NOTE Confidence: 0.80791087

00:02:33.019 --> 00:02:34.409 to tell us about that.  
NOTE Confidence: 0.80791087

00:02:34.410 --> 00:02:36.870 Just two more things about his

NOTE Confidence: 0.80791087

00:02:36.870 --> 00:02:39.276 power as a communicator is that

NOTE Confidence: 0.80791087

00:02:39.276 --> 00:02:41.659 David has for many years had one

NOTE Confidence: 0.80791087

00:02:41.659 --> 00:02:43.962 of the most active blogs in child

NOTE Confidence: 0.80791087

00:02:43.962 --> 00:02:46.048 mental health and child psychiatry,

NOTE Confidence: 0.80791087

00:02:46.050 --> 00:02:49.564 where he has this wonderful tone in

NOTE Confidence: 0.80791087

00:02:49.564 --> 00:02:52.450 communicating with parents with caregivers.

NOTE Confidence: 0.80791087

00:02:52.450 --> 00:02:54.571 And he reminds me in his approach

NOTE Confidence: 0.80791087

00:02:54.571 --> 00:02:56.310 to some of our greats.

NOTE Confidence: 0.80791087

00:02:56.310 --> 00:02:58.872 You know from Doctor Spock all

NOTE Confidence: 0.80791087

00:02:58.872 --> 00:03:03.055 the way back to to Winnicott just

NOTE Confidence: 0.80791087

00:03:03.055 --> 00:03:05.530 that calming presence.

NOTE Confidence: 0.80791087

00:03:05.530 --> 00:03:08.490 With parents and finally David.

NOTE Confidence: 0.80791087

00:03:08.490 --> 00:03:11.760 In addition to his scholarly output.

NOTE Confidence: 0.80791087

00:03:11.760 --> 00:03:14.203 Has been a wonderful mentor in a

NOTE Confidence: 0.80791087

00:03:14.203 --> 00:03:15.680 writing and communication mentor

NOTE Confidence: 0.80791087

00:03:15.680 --> 00:03:17.094 and has for the past several years.  
NOTE Confidence: 0.80791087

00:03:17.100 --> 00:03:20.460 Had a column in Jacob Connect Connect  
NOTE Confidence: 0.80791087

00:03:20.460 --> 00:03:23.760 is the companion online journal by  
NOTE Confidence: 0.80791087

00:03:23.760 --> 00:03:26.695 residents and medical students for  
NOTE Confidence: 0.80791087

00:03:26.695 --> 00:03:29.480 residents and medical students,  
NOTE Confidence: 0.80791087

00:03:29.480 --> 00:03:32.672 and Dave has had their a column called  
NOTE Confidence: 0.80791087

00:03:32.672 --> 00:03:35.739 from bedside from smartphone to bed site.  
NOTE Confidence: 0.80791087

00:03:35.740 --> 00:03:37.066 I think I got it right,  
NOTE Confidence: 0.9033458825

00:03:37.070 --> 00:03:39.667 which is how do we apply the  
NOTE Confidence: 0.9033458825

00:03:39.667 --> 00:03:41.750 latest doodads in our phones?  
NOTE Confidence: 0.9033458825

00:03:41.750 --> 00:03:44.221 And how do we apply the latest  
NOTE Confidence: 0.9033458825

00:03:44.221 --> 00:03:46.481 in terms of high sophisticated  
NOTE Confidence: 0.9033458825

00:03:46.481 --> 00:03:50.358 science at the bedside so I could  
NOTE Confidence: 0.9033458825

00:03:50.358 --> 00:03:52.566 continue Singing Dave's praises,  
NOTE Confidence: 0.9033458825

00:03:52.570 --> 00:03:54.616 but I give you from Eugene,  
NOTE Confidence: 0.9033458825

00:03:54.620 --> 00:03:57.338 OR where there's a slight delay

NOTE Confidence: 0.9033458825

00:03:57.338 --> 00:03:59.150 in the telephone connection

NOTE Confidence: 0.9033458825

00:03:59.227 --> 00:04:01.527 polls between Eugene and here,

NOTE Confidence: 0.9033458825

00:04:01.530 --> 00:04:03.340 so you might find a little bit of a delay,

NOTE Confidence: 0.9033458825

00:04:03.340 --> 00:04:05.636 but the content will be just as good.

NOTE Confidence: 0.9033458825

00:04:05.640 --> 00:04:08.016 So Dave will talk to us about praise.

NOTE Confidence: 0.9033458825

00:04:08.020 --> 00:04:10.050 You should give a lot of that to your kids.

NOTE Confidence: 0.9033458825

00:04:10.050 --> 00:04:12.202 Sleep training and other

NOTE Confidence: 0.9033458825

00:04:12.202 --> 00:04:13.278 parenting controversies.

NOTE Confidence: 0.9033458825

00:04:13.280 --> 00:04:15.248 Understanding the science behind the debates,

NOTE Confidence: 0.9033458825

00:04:15.250 --> 00:04:16.270 Dave, take it away.

NOTE Confidence: 0.916136007

00:04:18.000 --> 00:04:19.465 Thank you Andreas and and

NOTE Confidence: 0.916136007

00:04:19.465 --> 00:04:20.930 thank you for inviting me.

NOTE Confidence: 0.916136007

00:04:20.930 --> 00:04:23.330 It is truly an honor to

NOTE Confidence: 0.916136007

00:04:23.330 --> 00:04:25.410 be able to address you.

NOTE Confidence: 0.916136007

00:04:25.410 --> 00:04:26.330 I know some of you,

NOTE Confidence: 0.916136007

00:04:26.330 --> 00:04:30.122 but most of you I don't and but  
NOTE Confidence: 0.916136007

00:04:30.122 --> 00:04:32.558 I'm really excited II so wish  
NOTE Confidence: 0.916136007

00:04:32.558 --> 00:04:35.768 that I could be there in person,  
NOTE Confidence: 0.916136007

00:04:35.770 --> 00:04:37.919 but I was just moving 3000 miles  
NOTE Confidence: 0.916136007

00:04:37.919 --> 00:04:39.982 in the other direction and it  
NOTE Confidence: 0.916136007

00:04:39.982 --> 00:04:42.112 just didn't work out for the  
NOTE Confidence: 0.916136007

00:04:42.112 --> 00:04:44.404 timing and and COVID so we will do  
NOTE Confidence: 0.916136007

00:04:44.404 --> 00:04:48.218 the best we can from from here.  
NOTE Confidence: 0.916136007

00:04:48.220 --> 00:04:50.440 So yes, uh, I've been.  
NOTE Confidence: 0.916136007

00:04:50.440 --> 00:04:51.805 I worked at the University  
NOTE Confidence: 0.916136007

00:04:51.805 --> 00:04:53.710 of Vermont for 20 years, uh,  
NOTE Confidence: 0.916136007

00:04:53.710 --> 00:04:55.870 doing some personality and  
NOTE Confidence: 0.916136007

00:04:55.870 --> 00:04:56.950 temperament research,  
NOTE Confidence: 0.916136007

00:04:56.950 --> 00:05:00.496 running a training program, seeing patients.  
NOTE Confidence: 0.916136007

00:05:00.500 --> 00:05:03.412 I'm doing a lot of writing on the  
NOTE Confidence: 0.916136007

00:05:03.412 --> 00:05:05.712 side and just yesterday started



NOTE Confidence: 0.916136007

00:05:05.712 --> 00:05:09.170 my new job as the medical director

NOTE Confidence: 0.916136007

00:05:09.262 --> 00:05:11.672 for the Community Health Center

NOTE Confidence: 0.916136007

00:05:11.672 --> 00:05:13.600 here in Eugene,

NOTE Confidence: 0.916136007

00:05:13.600 --> 00:05:15.816 OR so it's a bit of a whirlwind,

NOTE Confidence: 0.916136007

00:05:15.820 --> 00:05:20.275 but I I'm I'm really thrilled to be here.

NOTE Confidence: 0.916136007

00:05:20.280 --> 00:05:22.280 For those of you who use social media,

NOTE Confidence: 0.916136007

00:05:22.280 --> 00:05:24.560 I'm happy to connect on either

NOTE Confidence: 0.916136007

00:05:24.560 --> 00:05:26.280 Twitter or or Facebook.

NOTE Confidence: 0.916136007

00:05:26.280 --> 00:05:30.624 My handle is a PD site and then as Andreas.

NOTE Confidence: 0.916136007

00:05:30.624 --> 00:05:33.727 Mentioned I have been doing a blog I

NOTE Confidence: 0.916136007

00:05:33.727 --> 00:05:36.655 haven't reported as much as I usually do,

NOTE Confidence: 0.916136007

00:05:36.660 --> 00:05:39.099 but you can find it at on Psychology Today.

NOTE Confidence: 0.916136007

00:05:39.100 --> 00:05:42.010 It's called the ABC's of child

NOTE Confidence: 0.916136007

00:05:42.010 --> 00:05:44.408 psychiatry and I sort of talked about

NOTE Confidence: 0.916136007

00:05:44.408 --> 00:05:46.594 all kinds of different child mental

NOTE Confidence: 0.916136007

00:05:46.594 --> 00:05:51.610 health topics on that on that post.  
NOTE Confidence: 0.916136007

00:05:51.610 --> 00:05:54.830 I do need to mention some disclosures.  
NOTE Confidence: 0.916136007

00:05:54.830 --> 00:05:55.368 Obviously.  
NOTE Confidence: 0.916136007

00:05:55.368 --> 00:05:58.720 You know this talk is directly related  
NOTE Confidence: 0.916136007

00:05:58.720 --> 00:06:01.882 to the topic of my book that came out  
NOTE Confidence: 0.916136007

00:06:01.882 --> 00:06:04.600 this year called parenting made complicated.  
NOTE Confidence: 0.916136007

00:06:04.600 --> 00:06:05.083 UM,  
NOTE Confidence: 0.916136007

00:06:05.083 --> 00:06:08.464 so I just need to acknowledge that.  
NOTE Confidence: 0.916136007

00:06:08.470 --> 00:06:10.390 And then I also am a consultant for  
NOTE Confidence: 0.916136007

00:06:10.390 --> 00:06:12.315 a company called Happy Health and  
NOTE Confidence: 0.916136007

00:06:12.315 --> 00:06:14.397 helping them develop a personality scale.  
NOTE Confidence: 0.951877046666667

00:06:16.670 --> 00:06:18.947 But this is what I'd like to do today.  
NOTE Confidence: 0.951877046666667

00:06:18.950 --> 00:06:20.456 Kind of divide it up into  
NOTE Confidence: 0.951877046666667

00:06:20.456 --> 00:06:21.209 three different parts.  
NOTE Confidence: 0.951877046666667

00:06:21.210 --> 00:06:23.685 The first is I want to just talk about  
NOTE Confidence: 0.951877046666667

00:06:23.685 --> 00:06:26.029 kind of the current state of parenting

NOTE Confidence: 0.951877046666667

00:06:26.029 --> 00:06:28.388 advice so you know how do parents.

NOTE Confidence: 0.951877046666667

00:06:28.390 --> 00:06:30.340 How do parents get guidance these

NOTE Confidence: 0.951877046666667

00:06:30.340 --> 00:06:32.977 days and how can we contribute to

NOTE Confidence: 0.951877046666667

00:06:32.977 --> 00:06:35.328 providing good science based guidance?

NOTE Confidence: 0.951877046666667

00:06:35.328 --> 00:06:39.297 And then I want to talk about the

NOTE Confidence: 0.951877046666667

00:06:39.297 --> 00:06:42.492 science behind some of the, you know,

NOTE Confidence: 0.951877046666667

00:06:42.492 --> 00:06:44.359 just a few selected controversies

NOTE Confidence: 0.951877046666667

00:06:44.359 --> 00:06:47.012 and debates that have been going on

NOTE Confidence: 0.951877046666667

00:06:47.012 --> 00:06:49.031 for decades with regard to parenting

NOTE Confidence: 0.951877046666667

00:06:49.031 --> 00:06:51.200 and sort of give you an idea.

NOTE Confidence: 0.951877046666667

00:06:51.200 --> 00:06:52.322 Some of you may be familiar

NOTE Confidence: 0.951877046666667

00:06:52.322 --> 00:06:53.440 with some of these already,

NOTE Confidence: 0.951877046666667

00:06:53.440 --> 00:06:55.730 but they just sort of give you an idea of

NOTE Confidence: 0.951877046666667

00:06:55.790 --> 00:06:58.329 what the science looks like and and how.

NOTE Confidence: 0.951877046666667

00:06:58.329 --> 00:07:00.387 It often doesn't really lend itself

NOTE Confidence: 0.951877046666667

00:07:00.387 --> 00:07:02.998 very well to sort of quick cut and dry.  
NOTE Confidence: 0.951877046666667

00:07:03.000 --> 00:07:05.540 One size fits all answers.  
NOTE Confidence: 0.951877046666667

00:07:05.540 --> 00:07:08.130 And then in and then Andreas was  
NOTE Confidence: 0.951877046666667

00:07:08.130 --> 00:07:10.230 was mentioned that I I learned that  
NOTE Confidence: 0.951877046666667

00:07:10.230 --> 00:07:12.038 from my family based approach,  
NOTE Confidence: 0.951877046666667

00:07:12.040 --> 00:07:14.528 which is a very.  
NOTE Confidence: 0.951877046666667

00:07:14.530 --> 00:07:16.833 It's an approach to child psychiatry that  
NOTE Confidence: 0.951877046666667

00:07:16.833 --> 00:07:19.148 really encompasses a lot of health promotion.  
NOTE Confidence: 0.951877046666667

00:07:19.150 --> 00:07:21.012 A lot of Wellness activities and a  
NOTE Confidence: 0.951877046666667

00:07:21.012 --> 00:07:22.734 lot of engagement with the parents  
NOTE Confidence: 0.951877046666667

00:07:22.734 --> 00:07:24.174 and their own mental health.  
NOTE Confidence: 0.951877046666667

00:07:24.180 --> 00:07:27.028 And I wanna talk a little bit about  
NOTE Confidence: 0.951877046666667

00:07:27.028 --> 00:07:29.544 how we as clinicians can bring  
NOTE Confidence: 0.951877046666667

00:07:29.544 --> 00:07:31.079 up the topic of parenting,  
NOTE Confidence: 0.951877046666667

00:07:31.080 --> 00:07:33.820 really engage families to talk  
NOTE Confidence: 0.951877046666667

00:07:33.820 --> 00:07:36.012 about this incredibly important.

NOTE Confidence: 0.951877046666667  
00:07:36.020 --> 00:07:38.743 A very challenging topic in a way  
NOTE Confidence: 0.951877046666667  
00:07:38.743 --> 00:07:41.654 that can be most productive and  
NOTE Confidence: 0.951877046666667  
00:07:41.654 --> 00:07:43.424 and then hopefully we'll have  
NOTE Confidence: 0.951877046666667  
00:07:43.424 --> 00:07:45.444 all the time for a hearing.  
NOTE Confidence: 0.951877046666667  
00:07:45.444 --> 00:07:46.652 Your perspective and any  
NOTE Confidence: 0.951877046666667  
00:07:46.652 --> 00:07:48.070 questions that that come up.  
NOTE Confidence: 0.93711003  
00:07:50.280 --> 00:07:52.600 So I'm going to start with this slide,  
NOTE Confidence: 0.93711003  
00:07:52.600 --> 00:07:54.790 which I hope isn't that  
NOTE Confidence: 0.93711003  
00:07:54.790 --> 00:07:56.542 controversial to to people,  
NOTE Confidence: 0.93711003  
00:07:56.550 --> 00:08:00.289 but you never know there was an era  
NOTE Confidence: 0.93711003  
00:08:00.289 --> 00:08:03.077 where you know with the twin twin  
NOTE Confidence: 0.93711003  
00:08:03.077 --> 00:08:05.282 studies not showing much shared  
NOTE Confidence: 0.93711003  
00:08:05.282 --> 00:08:06.999 environmental impact that people  
NOTE Confidence: 0.93711003  
00:08:06.999 --> 00:08:09.525 started to have a doubt about how  
NOTE Confidence: 0.93711003  
00:08:09.525 --> 00:08:10.905 powerful parenting really was  
NOTE Confidence: 0.93711003

00:08:10.905 --> 00:08:13.018 in terms of child development,  
NOTE Confidence: 0.93711003

00:08:13.020 --> 00:08:15.155 but I think most of us would  
NOTE Confidence: 0.93711003

00:08:15.155 --> 00:08:17.981 agree that this is really a huge  
NOTE Confidence: 0.93711003

00:08:17.981 --> 00:08:20.816 force in shaping a child.  
NOTE Confidence: 0.93711003

00:08:20.820 --> 00:08:23.202 Behavior this and 11 finding that  
NOTE Confidence: 0.93711003

00:08:23.202 --> 00:08:26.630 came out a few years ago that I  
NOTE Confidence: 0.93711003

00:08:26.630 --> 00:08:28.820 found to be incredibly important  
NOTE Confidence: 0.93711003

00:08:28.820 --> 00:08:31.960 and interesting is that if you look  
NOTE Confidence: 0.93711003

00:08:31.960 --> 00:08:35.216 at the impact of parenting for kids  
NOTE Confidence: 0.93711003

00:08:35.216 --> 00:08:37.160 who have different temperaments,  
NOTE Confidence: 0.93711003

00:08:37.160 --> 00:08:39.540 it looks as though children who are  
NOTE Confidence: 0.93711003

00:08:39.540 --> 00:08:41.755 have this more sort of challenging  
NOTE Confidence: 0.93711003

00:08:41.755 --> 00:08:43.999 or what Thomas and chess called  
NOTE Confidence: 0.93711003

00:08:43.999 --> 00:08:45.343 the difficult temperament.  
NOTE Confidence: 0.93711003

00:08:45.343 --> 00:08:48.314 Kids who are you know, quick to react,  
NOTE Confidence: 0.93711003

00:08:48.314 --> 00:08:49.868 maybe more impulsive,

NOTE Confidence: 0.93711003

00:08:49.870 --> 00:08:51.840 may be harder to soothe.

NOTE Confidence: 0.93711003

00:08:51.840 --> 00:08:52.737 In some ways,

NOTE Confidence: 0.93711003

00:08:52.737 --> 00:08:54.531 people may have assumed that that

NOTE Confidence: 0.93711003

00:08:54.531 --> 00:08:57.256 those are the groups that are sort of

NOTE Confidence: 0.93711003

00:08:57.256 --> 00:08:59.070 most biologically impervious to parenting,

NOTE Confidence: 0.93711003

00:08:59.070 --> 00:09:01.527 and it turns out that it's the

NOTE Confidence: 0.93711003

00:09:01.527 --> 00:09:03.666 exact opposite that these are the

NOTE Confidence: 0.93711003

00:09:03.666 --> 00:09:06.025 kids who can benefit the most from

NOTE Confidence: 0.93711003

00:09:06.100 --> 00:09:08.420 very good and positive parenting,

NOTE Confidence: 0.93711003

00:09:08.420 --> 00:09:12.531 and they can also struggle the most in

NOTE Confidence: 0.93711003

00:09:12.531 --> 00:09:15.477 the context of more negative parenting.

NOTE Confidence: 0.93711003

00:09:15.480 --> 00:09:17.808 And we know these days that that that

NOTE Confidence: 0.93711003

00:09:17.808 --> 00:09:19.788 the influence of parenting as well

NOTE Confidence: 0.93711003

00:09:19.788 --> 00:09:21.689 as any other environmental factors.

NOTE Confidence: 0.93711003

00:09:21.689 --> 00:09:24.484 It's not sort of independent

NOTE Confidence: 0.93711003

00:09:24.484 --> 00:09:26.720 direct effect on behavior,  
NOTE Confidence: 0.93711003

00:09:26.720 --> 00:09:29.919 but it works through all of these  
NOTE Confidence: 0.93711003

00:09:29.919 --> 00:09:31.708 other different pathways that  
NOTE Confidence: 0.93711003

00:09:31.708 --> 00:09:33.878 that shape a child's behavior.  
NOTE Confidence: 0.93711003

00:09:33.880 --> 00:09:34.849 So, you know,  
NOTE Confidence: 0.93711003

00:09:34.849 --> 00:09:37.683 we know that now there's a lot of  
NOTE Confidence: 0.93711003

00:09:37.683 --> 00:09:39.679 interplay between genetics and.  
NOTE Confidence: 0.93711003

00:09:39.680 --> 00:09:43.382 And parenting and trauma and poverty, right?  
NOTE Confidence: 0.93711003

00:09:43.382 --> 00:09:46.336 So all of these things fit together,  
NOTE Confidence: 0.93711003

00:09:46.340 --> 00:09:48.740 and despite the fact that parenting  
NOTE Confidence: 0.93711003

00:09:48.740 --> 00:09:51.660 is such a hugely important topic.  
NOTE Confidence: 0.93711003

00:09:51.660 --> 00:09:54.390 It's often something that we don't  
NOTE Confidence: 0.93711003

00:09:54.390 --> 00:09:57.218 address a lot in in. In our work.  
NOTE Confidence: 0.93711003

00:09:57.218 --> 00:09:59.030 I mean, I, I know some people do,  
NOTE Confidence: 0.93711003

00:09:59.030 --> 00:10:00.602 but it could be a challenging  
NOTE Confidence: 0.93711003

00:10:00.602 --> 00:10:02.252 topic to bring up. It's sensitive.



NOTE Confidence: 0.93711003

00:10:02.252 --> 00:10:04.359 I think psychiatry had an era where

NOTE Confidence: 0.93711003

00:10:04.359 --> 00:10:06.504 we blamed everything on parenting and

NOTE Confidence: 0.93711003

00:10:06.504 --> 00:10:08.800 that probably wasn't our best era.

NOTE Confidence: 0.93711003

00:10:08.800 --> 00:10:12.370 And so we've kind of moved maybe

NOTE Confidence: 0.93711003

00:10:12.370 --> 00:10:13.370 180 degrees from that.

NOTE Confidence: 0.93711003

00:10:13.370 --> 00:10:14.667 And now you know, often,

NOTE Confidence: 0.93711003

00:10:14.667 --> 00:10:16.449 don't talk about it at all.

NOTE Confidence: 0.93711003

00:10:16.450 --> 00:10:20.230 But it turns out that if you look that

NOTE Confidence: 0.93711003

00:10:20.230 --> 00:10:22.578 there not only is there a lot of science.

NOTE Confidence: 0.93711003

00:10:22.580 --> 00:10:23.924 Uhm, regarding parenting,

NOTE Confidence: 0.93711003

00:10:23.924 --> 00:10:25.268 but there's also,

NOTE Confidence: 0.93711003

00:10:25.270 --> 00:10:26.064 you know,

NOTE Confidence: 0.93711003

00:10:26.064 --> 00:10:28.760 quite a bit of variability and I

NOTE Confidence: 0.93711003

00:10:28.760 --> 00:10:30.890 think confusion for parents out there

NOTE Confidence: 0.93711003

00:10:30.890 --> 00:10:33.459 who are sort of looking to try to

NOTE Confidence: 0.93711003

00:10:33.459 --> 00:10:36.105 find the right thing to do and and  
NOTE Confidence: 0.93711003

00:10:36.105 --> 00:10:38.820 looking for sources of reliable information.  
NOTE Confidence: 0.93711003

00:10:38.820 --> 00:10:40.188 And this is just a little  
NOTE Confidence: 0.93711003

00:10:40.188 --> 00:10:41.718 cartoon that I made to sort of,  
NOTE Confidence: 0.93711003

00:10:41.720 --> 00:10:42.530 I think.  
NOTE Confidence: 0.93711003

00:10:42.530 --> 00:10:44.960 Describe how you know two children  
NOTE Confidence: 0.93711003

00:10:44.960 --> 00:10:47.406 who are maybe at young age  
NOTE Confidence: 0.93711003

00:10:47.406 --> 00:10:49.740 born to have you know slightly  
NOTE Confidence: 0.93711003

00:10:49.820 --> 00:10:52.598 different temperamental tendencies.  
NOTE Confidence: 0.93711003

00:10:52.600 --> 00:10:55.008 One child being kind of more irritable,  
NOTE Confidence: 0.93711003

00:10:55.010 --> 00:10:57.516 one child being a little bit less.  
NOTE Confidence: 0.93711003

00:10:57.520 --> 00:10:59.450 You know how does that?  
NOTE Confidence: 0.93711003

00:10:59.450 --> 00:11:02.936 How does that temperament than actually  
NOTE Confidence: 0.93711003

00:11:02.936 --> 00:11:06.171 trigger or evoke certain things in  
NOTE Confidence: 0.93711003

00:11:06.171 --> 00:11:08.656 the environment that often magnify  
NOTE Confidence: 0.918331966190476

00:11:08.660 --> 00:11:09.746 those differences overtime?

NOTE Confidence: 0.918331966190476

00:11:09.746 --> 00:11:13.167 So think about a child who you know as a

NOTE Confidence: 0.918331966190476

00:11:13.167 --> 00:11:15.780 toddler as an infant might be more irritable.

NOTE Confidence: 0.918331966190476

00:11:15.780 --> 00:11:16.824 You know what does?

NOTE Confidence: 0.918331966190476

00:11:16.824 --> 00:11:19.268 That kind of tend to evoke out of out

NOTE Confidence: 0.918331966190476

00:11:19.268 --> 00:11:21.172 of parents and other people you know,

NOTE Confidence: 0.918331966190476

00:11:21.180 --> 00:11:22.745 and conversely the child who

NOTE Confidence: 0.918331966190476

00:11:22.745 --> 00:11:24.470 was you know less. Irritable,

NOTE Confidence: 0.918331966190476

00:11:24.470 --> 00:11:25.880 rewarding, smiling, happy.

NOTE Confidence: 0.918331966190476

00:11:25.880 --> 00:11:27.760 You know that child.

NOTE Confidence: 0.918331966190476

00:11:27.760 --> 00:11:29.941 Tends to evoke more smiling, warm,

NOTE Confidence: 0.918331966190476

00:11:29.941 --> 00:11:32.467 happy things and over time that

NOTE Confidence: 0.918331966190476

00:11:32.467 --> 00:11:34.916 can then build into, you know,

NOTE Confidence: 0.918331966190476

00:11:34.916 --> 00:11:36.656 bigger differences in that irritability.

NOTE Confidence: 0.918331966190476

00:11:36.660 --> 00:11:37.540 And then on you layer.

NOTE Confidence: 0.918331966190476

00:11:37.540 --> 00:11:41.145 On top of that you know specific

NOTE Confidence: 0.918331966190476

00:11:41.145 --> 00:11:43.824 adverse experiences and you can see

NOTE Confidence: 0.918331966190476

00:11:43.824 --> 00:11:46.165 how temperament and environmental

NOTE Confidence: 0.918331966190476

00:11:46.165 --> 00:11:49.490 factors like parenting often can

NOTE Confidence: 0.918331966190476

00:11:49.490 --> 00:11:52.265 conspire to make what started out

NOTE Confidence: 0.918331966190476

00:11:52.265 --> 00:11:54.370 as small differences in behaviors

NOTE Confidence: 0.918331966190476

00:11:54.449 --> 00:11:56.920 to be much broader and much wider.

NOTE Confidence: 0.918331966190476

00:11:56.920 --> 00:11:58.130 And that's really what we're.

NOTE Confidence: 0.918331966190476

00:11:58.130 --> 00:11:59.022 You know, as clinicians.

NOTE Confidence: 0.918331966190476

00:11:59.022 --> 00:11:59.468 I mean,

NOTE Confidence: 0.918331966190476

00:11:59.470 --> 00:12:01.510 I think this is the pathway that we

NOTE Confidence: 0.918331966190476

00:12:01.510 --> 00:12:03.627 are really trying to get involved with.

NOTE Confidence: 0.918331966190476

00:12:03.630 --> 00:12:05.448 We want to try to maintain,

NOTE Confidence: 0.918331966190476

00:12:05.450 --> 00:12:06.056 you know,

NOTE Confidence: 0.918331966190476

00:12:06.056 --> 00:12:08.177 the the snowball effect in a positive

NOTE Confidence: 0.918331966190476

00:12:08.177 --> 00:12:10.580 way for kids who who are moving in

NOTE Confidence: 0.918331966190476

00:12:10.580 --> 00:12:12.462 that direction but also trying to

NOTE Confidence: 0.918331966190476

00:12:12.462 --> 00:12:14.667 sort of prevent this sort of negative.

NOTE Confidence: 0.918331966190476

00:12:14.670 --> 00:12:16.405 This this this positive feedback

NOTE Confidence: 0.918331966190476

00:12:16.405 --> 00:12:18.795 cycle moving in a in a negative

NOTE Confidence: 0.918331966190476

00:12:18.795 --> 00:12:20.853 way for the kids who are moving

NOTE Confidence: 0.918331966190476

00:12:20.853 --> 00:12:22.528 in the other direction.

NOTE Confidence: 0.970168625555556

00:12:24.970 --> 00:12:27.196 It's interesting to think when we

NOTE Confidence: 0.970168625555556

00:12:27.196 --> 00:12:28.944 talk about parenting, why people,

NOTE Confidence: 0.970168625555556

00:12:28.944 --> 00:12:30.529 parents, the way they do,

NOTE Confidence: 0.970168625555556

00:12:30.530 --> 00:12:33.470 I I often ask this of families.

NOTE Confidence: 0.970168625555556

00:12:33.470 --> 00:12:35.731 I think it's a great question to

NOTE Confidence: 0.970168625555556

00:12:35.731 --> 00:12:38.040 ask to ask them what their parenting

NOTE Confidence: 0.970168625555556

00:12:38.040 --> 00:12:40.010 approaches and how they got there.

NOTE Confidence: 0.970168625555556

00:12:40.010 --> 00:12:42.234 Uhm, if for most people it comes from

NOTE Confidence: 0.970168625555556

00:12:42.234 --> 00:12:44.107 a lot of different perspectives for

NOTE Confidence: 0.970168625555556

00:12:44.107 --> 00:12:46.892 a lot of us we are doing, you know,

NOTE Confidence: 0.970168625555556

00:12:46.892 --> 00:12:47.816 just like those commercials.  
NOTE Confidence: 0.970168625555556

00:12:47.820 --> 00:12:50.137 We're kind of following in the footsteps  
NOTE Confidence: 0.970168625555556

00:12:50.137 --> 00:12:52.587 of our of what our parents did.  
NOTE Confidence: 0.970168625555556

00:12:52.590 --> 00:12:53.766 When we we did,  
NOTE Confidence: 0.970168625555556

00:12:53.766 --> 00:12:56.659 we do a lot of the same things.  
NOTE Confidence: 0.970168625555556

00:12:56.660 --> 00:12:57.791 Others you know,  
NOTE Confidence: 0.970168625555556

00:12:57.791 --> 00:13:00.053 sort of do the diametrically opposed  
NOTE Confidence: 0.970168625555556

00:13:00.053 --> 00:13:02.062 opposite you know they like I'm not  
NOTE Confidence: 0.970168625555556

00:13:02.062 --> 00:13:04.123 gonna go make my kids go through what  
NOTE Confidence: 0.970168625555556

00:13:04.123 --> 00:13:07.458 I had to do and so people take a very  
NOTE Confidence: 0.970168625555556

00:13:07.458 --> 00:13:10.320 strong step in the other direction.  
NOTE Confidence: 0.970168625555556

00:13:10.320 --> 00:13:12.885 Many of us also parents in a way that  
NOTE Confidence: 0.970168625555556

00:13:12.885 --> 00:13:15.182 just feels most natural and instinctive  
NOTE Confidence: 0.970168625555556

00:13:15.182 --> 00:13:17.760 to us and and we don't really think about it.  
NOTE Confidence: 0.970168625555556

00:13:17.760 --> 00:13:20.034 It's it's relatively new that parenting  
NOTE Confidence: 0.970168625555556

00:13:20.034 --> 00:13:22.279 has become sort of a science,

NOTE Confidence: 0.970168625555556  
00:13:22.280 --> 00:13:25.479 and in some areas I would say  
NOTE Confidence: 0.970168625555556  
00:13:25.479 --> 00:13:26.850 a competitive sport.  
NOTE Confidence: 0.970168625555556  
00:13:26.850 --> 00:13:28.830 And before that, people just sort  
NOTE Confidence: 0.970168625555556  
00:13:28.830 --> 00:13:31.209 of did what they felt was right.  
NOTE Confidence: 0.970168625555556  
00:13:31.210 --> 00:13:33.394 And and there are advocates that we  
NOTE Confidence: 0.970168625555556  
00:13:33.394 --> 00:13:35.480 should move back in that direction.  
NOTE Confidence: 0.970168625555556  
00:13:35.480 --> 00:13:35.822 Uhm,  
NOTE Confidence: 0.970168625555556  
00:13:35.822 --> 00:13:37.874 we also understand that that parenting  
NOTE Confidence: 0.970168625555556  
00:13:37.874 --> 00:13:40.056 and child behavior is a two way street,  
NOTE Confidence: 0.970168625555556  
00:13:40.060 --> 00:13:42.040 and so parenting affects child behavior.  
NOTE Confidence: 0.970168625555556  
00:13:42.040 --> 00:13:44.830 But child behavior effects parenting.  
NOTE Confidence: 0.970168625555556  
00:13:44.830 --> 00:13:45.100 Right,  
NOTE Confidence: 0.970168625555556  
00:13:45.100 --> 00:13:46.720 so children will draw out like  
NOTE Confidence: 0.970168625555556  
00:13:46.720 --> 00:13:47.930 I was mentioning before.  
NOTE Confidence: 0.970168625555556  
00:13:47.930 --> 00:13:49.743 If you have a child who's more  
NOTE Confidence: 0.970168625555556

00:13:49.743 --> 00:13:51.191 irritable that may draw out  
NOTE Confidence: 0.970168625555556

00:13:51.191 --> 00:13:52.736 more kind of possible responses.  
NOTE Confidence: 0.970168625555556

00:13:52.740 --> 00:13:54.832 If you have a child who is,  
NOTE Confidence: 0.970168625555556

00:13:54.832 --> 00:13:55.574 you know,  
NOTE Confidence: 0.970168625555556

00:13:55.574 --> 00:13:57.800 happier and more engaging than a  
NOTE Confidence: 0.970168625555556

00:13:57.877 --> 00:14:00.549 lot of parents can look like a star,  
NOTE Confidence: 0.970168625555556

00:14:00.550 --> 00:14:02.742 even though a lot of it is coming  
NOTE Confidence: 0.970168625555556

00:14:02.742 --> 00:14:03.750 from the child.  
NOTE Confidence: 0.970168625555556

00:14:03.750 --> 00:14:05.838 We certainly get advice from parents,  
NOTE Confidence: 0.970168625555556

00:14:05.840 --> 00:14:06.730 other parents.  
NOTE Confidence: 0.970168625555556

00:14:06.730 --> 00:14:09.400 We get advice from grandparents right?  
NOTE Confidence: 0.970168625555556

00:14:09.400 --> 00:14:12.340 And and in these days a lot of parenting  
NOTE Confidence: 0.970168625555556

00:14:12.340 --> 00:14:14.620 advice is is coming from the Internet.  
NOTE Confidence: 0.970168625555556

00:14:14.620 --> 00:14:15.534 Coming from,  
NOTE Confidence: 0.970168625555556

00:14:15.534 --> 00:14:18.733 you know blogs and posts and magazines  
NOTE Confidence: 0.970168625555556

00:14:18.733 --> 00:14:22.123 and chat rooms and social media and



NOTE Confidence: 0.970168625555556  
00:14:22.123 --> 00:14:25.330 you know that some of that information.  
NOTE Confidence: 0.970168625555556  
00:14:25.330 --> 00:14:27.230 A lot of that information  
NOTE Confidence: 0.970168625555556  
00:14:27.230 --> 00:14:28.410 can be a little suspect.  
NOTE Confidence: 0.970168625555556  
00:14:28.410 --> 00:14:30.698 And somewhere in there,  
NOTE Confidence: 0.970168625555556  
00:14:30.698 --> 00:14:33.222 hopefully people are are relying  
NOTE Confidence: 0.970168625555556  
00:14:33.222 --> 00:14:34.686 on some science.  
NOTE Confidence: 0.970168625555556  
00:14:34.690 --> 00:14:36.100 From what there is out there.  
NOTE Confidence: 0.903161076363637  
00:14:38.520 --> 00:14:40.900 We all I often have said this and I know like  
NOTE Confidence: 0.903161076363637  
00:14:40.900 --> 00:14:43.240 one of the a lot of people like to say hey,  
NOTE Confidence: 0.903161076363637  
00:14:43.240 --> 00:14:45.770 there's parenting is very challenging  
NOTE Confidence: 0.903161076363637  
00:14:45.770 --> 00:14:48.835 and it is and there are no manuals  
NOTE Confidence: 0.903161076363637  
00:14:48.835 --> 00:14:51.253 out there for raising kids. And in a  
NOTE Confidence: 0.903161076363637  
00:14:51.253 --> 00:14:53.720 sense I think that that might be true.  
NOTE Confidence: 0.903161076363637  
00:14:53.720 --> 00:14:56.205 But in a sense, I think we're  
NOTE Confidence: 0.903161076363637  
00:14:56.205 --> 00:14:57.860 actually overwhelmed with manuals.  
NOTE Confidence: 0.903161076363637

00:14:57.860 --> 00:15:00.628 They're out there everywhere.  
NOTE Confidence: 0.903161076363637

00:15:00.630 --> 00:15:03.108 And the problem is that they all  
NOTE Confidence: 0.903161076363637

00:15:03.108 --> 00:15:06.020 tend to say very different things.  
NOTE Confidence: 0.903161076363637

00:15:06.020 --> 00:15:08.868 Uhm, so and it's a bit ironic because  
NOTE Confidence: 0.903161076363637

00:15:08.868 --> 00:15:12.252 I think probably the first you know big  
NOTE Confidence: 0.903161076363637

00:15:12.252 --> 00:15:16.030 parenting book by the Late Doctor Spock.  
NOTE Confidence: 0.903161076363637

00:15:16.030 --> 00:15:17.692 You know the general message from  
NOTE Confidence: 0.903161076363637

00:15:17.692 --> 00:15:19.639 that book was trust your instincts,  
NOTE Confidence: 0.903161076363637

00:15:19.640 --> 00:15:20.852 but uh, you know.  
NOTE Confidence: 0.903161076363637

00:15:20.852 --> 00:15:23.264 Despite that being the message it kind of  
NOTE Confidence: 0.903161076363637

00:15:23.264 --> 00:15:28.008 ushered in this avalanche of parenting.  
NOTE Confidence: 0.903161076363637

00:15:28.010 --> 00:15:29.730 You know literature and books,  
NOTE Confidence: 0.903161076363637

00:15:29.730 --> 00:15:31.570 and, UM, you know I've.  
NOTE Confidence: 0.903161076363637

00:15:31.570 --> 00:15:33.418 I've read a lot of these in the  
NOTE Confidence: 0.903161076363637

00:15:33.418 --> 00:15:35.069 course of writing my own book,  
NOTE Confidence: 0.903161076363637

00:15:35.070 --> 00:15:38.620 and a lot of these are, you know,

NOTE Confidence: 0.903161076363637  
00:15:38.620 --> 00:15:40.690 they make a lot of sense.  
NOTE Confidence: 0.903161076363637  
00:15:40.690 --> 00:15:43.350 But there can be problems,  
NOTE Confidence: 0.903161076363637  
00:15:43.350 --> 00:15:45.438 especially when you try to synthesize  
NOTE Confidence: 0.903161076363637  
00:15:45.438 --> 00:15:47.787 all of the parenting information that  
NOTE Confidence: 0.903161076363637  
00:15:47.787 --> 00:15:50.017 parents are getting bombarded with.  
NOTE Confidence: 0.903161076363637  
00:15:50.020 --> 00:15:51.959 I know at the risk of sounding  
NOTE Confidence: 0.903161076363637  
00:15:51.959 --> 00:15:53.498 a little bit of a snob,  
NOTE Confidence: 0.903161076363637  
00:15:53.500 --> 00:15:56.432 a lot of these books are written by people  
NOTE Confidence: 0.903161076363637  
00:15:56.432 --> 00:15:58.774 who really have no background in child  
NOTE Confidence: 0.903161076363637  
00:15:58.774 --> 00:16:00.994 development or or child mental health,  
NOTE Confidence: 0.903161076363637  
00:16:01.000 --> 00:16:01.849 and that's fine.  
NOTE Confidence: 0.903161076363637  
00:16:01.849 --> 00:16:04.838 It's a lot of good books can come from that.  
NOTE Confidence: 0.903161076363637  
00:16:04.840 --> 00:16:07.380 Uhm, but uh, you know,  
NOTE Confidence: 0.903161076363637  
00:16:07.380 --> 00:16:09.880 there may be some problems  
NOTE Confidence: 0.903161076363637  
00:16:09.880 --> 00:16:11.880 there and most books.  
NOTE Confidence: 0.903161076363637

00:16:11.880 --> 00:16:13.392 And advice sort of,  
NOTE Confidence: 0.903161076363637

00:16:13.392 --> 00:16:15.282 almost assumes that everybody is  
NOTE Confidence: 0.903161076363637

00:16:15.282 --> 00:16:18.046 the same set that there are sort  
NOTE Confidence: 0.903161076363637

00:16:18.046 --> 00:16:20.100 of these universal solutions or  
NOTE Confidence: 0.903161076363637

00:16:20.100 --> 00:16:23.396 approaches that you should take.  
NOTE Confidence: 0.903161076363637

00:16:23.396 --> 00:16:24.110 Uhm?  
NOTE Confidence: 0.903161076363637

00:16:24.110 --> 00:16:25.494 And that they are,  
NOTE Confidence: 0.903161076363637

00:16:25.494 --> 00:16:27.224 and that these approaches work  
NOTE Confidence: 0.903161076363637

00:16:27.224 --> 00:16:28.728 equally well for everyone.  
NOTE Confidence: 0.903161076363637

00:16:28.730 --> 00:16:31.201 And very often a lot of these  
NOTE Confidence: 0.903161076363637

00:16:31.201 --> 00:16:33.747 books are written not in like a  
NOTE Confidence: 0.903161076363637

00:16:33.747 --> 00:16:35.416 boring science kind of article,  
NOTE Confidence: 0.903161076363637

00:16:35.416 --> 00:16:37.348 but more like a legal approach.  
NOTE Confidence: 0.903161076363637

00:16:37.350 --> 00:16:38.100 In other words,  
NOTE Confidence: 0.903161076363637

00:16:38.100 --> 00:16:39.350 you know that they're written  
NOTE Confidence: 0.903161076363637

00:16:39.350 --> 00:16:41.008 with the idea that you want that,

NOTE Confidence: 0.903161076363637

00:16:41.010 --> 00:16:43.901 that that the author is trying to

NOTE Confidence: 0.903161076363637

00:16:43.901 --> 00:16:46.998 persuade you to kind of move to this.

NOTE Confidence: 0.903161076363637

00:16:47.000 --> 00:16:48.840 Approach or use these techniques.

NOTE Confidence: 0.903161076363637

00:16:48.840 --> 00:16:51.356 It's like a legal argument where they're

NOTE Confidence: 0.903161076363637

00:16:51.356 --> 00:16:55.399 trying to sort of get you to to buy in.

NOTE Confidence: 0.903161076363637

00:16:55.400 --> 00:16:56.800 And often it's like, well,

NOTE Confidence: 0.903161076363637

00:16:56.800 --> 00:16:58.282 you know, my kids turned out

NOTE Confidence: 0.903161076363637

00:16:58.282 --> 00:16:59.770 pretty well with this approach,

NOTE Confidence: 0.903161076363637

00:16:59.770 --> 00:17:02.394 so you know you're you're should as well.

NOTE Confidence: 0.903161076363637

00:17:02.400 --> 00:17:05.158 And and a lot of these books

NOTE Confidence: 0.903161076363637

00:17:05.158 --> 00:17:06.340 studies are cited,

NOTE Confidence: 0.903161076363637

00:17:06.340 --> 00:17:07.768 statistics are used.

NOTE Confidence: 0.903161076363637

00:17:07.768 --> 00:17:10.148 But you wouldn't necessarily say

NOTE Confidence: 0.903161076363637

00:17:10.148 --> 00:17:12.952 that it's it's balanced if if

NOTE Confidence: 0.903161076363637

00:17:12.952 --> 00:17:15.172 there's studies or or literature.

NOTE Confidence: 0.903161076363637

00:17:15.180 --> 00:17:17.448 That's kind of argue against the.  
NOTE Confidence: 0.903161076363637

00:17:17.450 --> 00:17:19.790 The main thesis will often those  
NOTE Confidence: 0.903161076363637

00:17:19.790 --> 00:17:23.558 those studies are are kind of ignored.  
NOTE Confidence: 0.903161076363637

00:17:23.560 --> 00:17:26.242 So I I sometimes say there's kind of no,  
NOTE Confidence: 0.903161076363637

00:17:26.250 --> 00:17:27.940 nobody more confident in their  
NOTE Confidence: 0.903161076363637

00:17:27.940 --> 00:17:29.630 parenting than the person who's  
NOTE Confidence: 0.903161076363637

00:17:29.688 --> 00:17:31.378 written read one parenting book  
NOTE Confidence: 0.903161076363637

00:17:31.380 --> 00:17:32.976 and no one less confident than  
NOTE Confidence: 0.903161076363637

00:17:32.976 --> 00:17:34.580 the person who just read two.  
NOTE Confidence: 0.903161076363637

00:17:34.580 --> 00:17:34.828 And.  
NOTE Confidence: 0.903161076363637

00:17:34.828 --> 00:17:36.316 And that's often because of the  
NOTE Confidence: 0.903161076363637

00:17:36.316 --> 00:17:38.160 way that sort of science gets used,  
NOTE Confidence: 0.903161076363637

00:17:38.160 --> 00:17:39.712 or sometimes.  
NOTE Confidence: 0.903161076363637

00:17:39.712 --> 00:17:40.488 Manipulative.  
NOTE Confidence: 0.960369183333333

00:17:43.220 --> 00:17:44.870 And it's it's easy to do.  
NOTE Confidence: 0.960369183333333

00:17:44.870 --> 00:17:46.374 I mean, for those of you who have

NOTE Confidence: 0.960369183333333

00:17:46.374 --> 00:17:48.180 have looked in this, it's it's very

NOTE Confidence: 0.960369183333333

00:17:48.180 --> 00:17:50.280 hard to get definitive answers when

NOTE Confidence: 0.960369183333333

00:17:50.280 --> 00:17:52.855 it comes to parenting studies, right?

NOTE Confidence: 0.960369183333333

00:17:52.855 --> 00:17:55.410 I mean there. They're all all the.

NOTE Confidence: 0.960369183333333

00:17:55.410 --> 00:17:59.388 The studies are almost always naturalistic.

NOTE Confidence: 0.960369183333333

00:17:59.390 --> 00:18:00.644 You know, and and they and

NOTE Confidence: 0.960369183333333

00:18:00.644 --> 00:18:01.830 they have to be right?

NOTE Confidence: 0.960369183333333

00:18:01.830 --> 00:18:03.216 I mean like we know what would

NOTE Confidence: 0.960369183333333

00:18:03.216 --> 00:18:04.831 be the the what would provide

NOTE Confidence: 0.960369183333333

00:18:04.831 --> 00:18:06.127 the more definitive studies.

NOTE Confidence: 0.960369183333333

00:18:06.130 --> 00:18:08.042 But we could never do them like if

NOTE Confidence: 0.960369183333333

00:18:08.042 --> 00:18:09.905 you wanted to find out the effect of

NOTE Confidence: 0.960369183333333

00:18:09.910 --> 00:18:12.440 say you know, corporal punishment.

NOTE Confidence: 0.960369183333333

00:18:12.440 --> 00:18:14.428 You know the perfect study would be,

NOTE Confidence: 0.960369183333333

00:18:14.430 --> 00:18:15.830 well, let's you know,

NOTE Confidence: 0.960369183333333

00:18:15.830 --> 00:18:17.580 randomize 1000 people from all  
NOTE Confidence: 0.9603691833333333

00:18:17.580 --> 00:18:18.805 different backgrounds and and  
NOTE Confidence: 0.9603691833333333

00:18:18.805 --> 00:18:21.045 flip a coin and tell half of them  
NOTE Confidence: 0.9603691833333333

00:18:21.045 --> 00:18:23.019 that you could never spank for the  
NOTE Confidence: 0.9603691833333333

00:18:23.019 --> 00:18:24.954 next eight years until the other  
NOTE Confidence: 0.9603691833333333

00:18:24.954 --> 00:18:27.664 half that you have to under these  
NOTE Confidence: 0.9603691833333333

00:18:27.664 --> 00:18:29.440 very specific circumstances.  
NOTE Confidence: 0.9603691833333333

00:18:29.440 --> 00:18:32.077 And who would who would sign up for that,  
NOTE Confidence: 0.9603691833333333

00:18:32.080 --> 00:18:32.370 right?  
NOTE Confidence: 0.9603691833333333

00:18:32.370 --> 00:18:35.463 So we end up having to sort of make the  
NOTE Confidence: 0.9603691833333333

00:18:35.463 --> 00:18:38.305 most of these kind of naturalistic studies.  
NOTE Confidence: 0.9603691833333333

00:18:38.310 --> 00:18:39.948 And then when you have to decide what well,  
NOTE Confidence: 0.9603691833333333

00:18:39.950 --> 00:18:42.146 then what and what's your outcome,  
NOTE Confidence: 0.9603691833333333

00:18:42.150 --> 00:18:43.818 is it you know what's what?  
NOTE Confidence: 0.9603691833333333

00:18:43.820 --> 00:18:46.196 What's a positive outcome, is it?  
NOTE Confidence: 0.9603691833333333

00:18:46.200 --> 00:18:48.786 Kids being happy is a kid



NOTE Confidence: 0.9603691833333333  
00:18:48.786 --> 00:18:50.079 succeeding at school.  
NOTE Confidence: 0.9603691833333333  
00:18:50.080 --> 00:18:53.176 Is it, you know, you know,  
NOTE Confidence: 0.9603691833333333  
00:18:53.180 --> 00:18:54.818 all these measures that you can,  
NOTE Confidence: 0.9603691833333333  
00:18:54.820 --> 00:18:56.040 that you can sort of,  
NOTE Confidence: 0.9603691833333333  
00:18:56.040 --> 00:18:57.320 but there are subjective  
NOTE Confidence: 0.9603691833333333  
00:18:57.320 --> 00:18:58.280 and their dimensional,  
NOTE Confidence: 0.9603691833333333  
00:18:58.280 --> 00:19:00.596 and so this is the literature.  
NOTE Confidence: 0.9603691833333333  
00:19:00.600 --> 00:19:01.776 This is the world that we live in.  
NOTE Confidence: 0.9603691833333333  
00:19:01.780 --> 00:19:04.316 I think it's true of of sort of  
NOTE Confidence: 0.9603691833333333  
00:19:04.316 --> 00:19:05.700 behavioral research in general,  
NOTE Confidence: 0.9603691833333333  
00:19:05.700 --> 00:19:07.814 but I think it's a you know,  
NOTE Confidence: 0.9603691833333333  
00:19:07.820 --> 00:19:10.028 very true when it comes to.  
NOTE Confidence: 0.9603691833333333  
00:19:10.030 --> 00:19:10.810 Comes to parenting,  
NOTE Confidence: 0.9603691833333333  
00:19:10.810 --> 00:19:12.500 and so again, it's just.  
NOTE Confidence: 0.9603691833333333  
00:19:12.500 --> 00:19:15.703 It lends itself to a lot of  
NOTE Confidence: 0.9603691833333333

00:19:15.703 --> 00:19:17.086 subjectivity and judgment,  
NOTE Confidence: 0.9603691833333333

00:19:17.090 --> 00:19:20.800 and in some cases manipulation.  
NOTE Confidence: 0.9603691833333333

00:19:20.800 --> 00:19:22.744 So how can we kind of move this  
NOTE Confidence: 0.9603691833333333

00:19:22.744 --> 00:19:24.820 along in a positive way when when  
NOTE Confidence: 0.9603691833333333

00:19:24.820 --> 00:19:27.020 parents are sort of stuck in this  
NOTE Confidence: 0.9603691833333333

00:19:27.020 --> 00:19:29.086 very chaotic world where they just  
NOTE Confidence: 0.9603691833333333

00:19:29.086 --> 00:19:31.270 are kind of bombarded by information?  
NOTE Confidence: 0.9603691833333333

00:19:31.270 --> 00:19:34.278 Well we can do our best to understand  
NOTE Confidence: 0.9603691833333333

00:19:34.278 --> 00:19:37.150 that science and try to synthesize that.  
NOTE Confidence: 0.9603691833333333

00:19:37.150 --> 00:19:38.402 And in my view,  
NOTE Confidence: 0.9603691833333333

00:19:38.402 --> 00:19:41.551 I think we have to move away from kind  
NOTE Confidence: 0.9603691833333333

00:19:41.551 --> 00:19:44.317 of these rigidly applied one size  
NOTE Confidence: 0.9603691833333333

00:19:44.317 --> 00:19:47.289 fits all approaches and and understand.  
NOTE Confidence: 0.9603691833333333

00:19:47.290 --> 00:19:49.166 That kids are different.  
NOTE Confidence: 0.9603691833333333

00:19:49.166 --> 00:19:51.980 Parents are different and that the  
NOTE Confidence: 0.9603691833333333

00:19:52.060 --> 00:19:55.258 quote correct answer for a specific

NOTE Confidence: 0.9603691833333333  
00:19:55.258 --> 00:19:57.938 challenge you know really may  
NOTE Confidence: 0.9603691833333333  
00:19:57.938 --> 00:20:00.260 not be not the same for everyone  
NOTE Confidence: 0.9603691833333333  
00:20:00.260 --> 00:20:02.422 and and so we get to that answer  
NOTE Confidence: 0.9603691833333333  
00:20:02.422 --> 00:20:04.126 of it depends which you know.  
NOTE Confidence: 0.9603691833333333  
00:20:04.130 --> 00:20:05.894 People hate that right,  
NOTE Confidence: 0.9603691833333333  
00:20:05.894 --> 00:20:09.830 like and and but it depends it is it?  
NOTE Confidence: 0.9603691833333333  
00:20:09.830 --> 00:20:11.414 It truly is a terrible place  
NOTE Confidence: 0.9603691833333333  
00:20:11.414 --> 00:20:13.500 that to sort of end an argument.  
NOTE Confidence: 0.9603691833333333  
00:20:13.500 --> 00:20:13.852 You know,  
NOTE Confidence: 0.9603691833333333  
00:20:13.852 --> 00:20:14.908 if you're ever talking to the  
NOTE Confidence: 0.9603691833333333  
00:20:14.908 --> 00:20:15.988 press and you say it depends,  
NOTE Confidence: 0.9603691833333333  
00:20:15.990 --> 00:20:17.376 you know their their eyes just.  
NOTE Confidence: 0.9603691833333333  
00:20:17.380 --> 00:20:18.934 Well, I can't you say anything more,  
NOTE Confidence: 0.9603691833333333  
00:20:18.940 --> 00:20:20.809 but it actually is a really good  
NOTE Confidence: 0.9603691833333333  
00:20:20.809 --> 00:20:22.949 place to to start a conversation.  
NOTE Confidence: 0.9603691833333333

00:20:22.950 --> 00:20:25.158 It depends on what. Oh OK.  
NOTE Confidence: 0.9603691833333333

00:20:25.160 --> 00:20:27.600 Well what if my child is more extroverted?  
NOTE Confidence: 0.9603691833333333

00:20:27.600 --> 00:20:29.917 What if my child is more irritable?  
NOTE Confidence: 0.9603691833333333

00:20:29.920 --> 00:20:31.630 If you can actually start moving  
NOTE Confidence: 0.9603691833333333

00:20:31.630 --> 00:20:32.770 beyond that and the  
NOTE Confidence: 0.941807098823529

00:20:32.832 --> 00:20:34.056 literature sometimes provide  
NOTE Confidence: 0.941807098823529

00:20:34.056 --> 00:20:35.688 some guidance for that.  
NOTE Confidence: 0.941807098823529

00:20:35.690 --> 00:20:38.402 Then we you know can move into a  
NOTE Confidence: 0.941807098823529

00:20:38.402 --> 00:20:40.032 really productive place and and  
NOTE Confidence: 0.941807098823529

00:20:40.032 --> 00:20:42.350 then I think where we want to go.  
NOTE Confidence: 0.941807098823529

00:20:42.350 --> 00:20:43.998 Or in many cases,  
NOTE Confidence: 0.941807098823529

00:20:43.998 --> 00:20:46.372 is to encourage parents actually under,  
NOTE Confidence: 0.941807098823529

00:20:46.372 --> 00:20:48.538 you know, learn a little bit  
NOTE Confidence: 0.941807098823529

00:20:48.538 --> 00:20:50.828 of the science and move from  
NOTE Confidence: 0.941807098823529

00:20:50.830 --> 00:20:52.426 kind of a more knee jerk,  
NOTE Confidence: 0.941807098823529

00:20:52.430 --> 00:20:54.195 reactive style of parenting to

NOTE Confidence: 0.941807098823529  
00:20:54.195 --> 00:20:56.388 one that's a little bit more  
NOTE Confidence: 0.941807098823529  
00:20:56.388 --> 00:20:58.506 thoughtful and a little bit more  
NOTE Confidence: 0.941807098823529  
00:20:58.506 --> 00:21:00.980 deliberate and a little more plan.  
NOTE Confidence: 0.830608141111111  
00:21:03.650 --> 00:21:06.008 So let me get into sort of a few.  
NOTE Confidence: 0.830608141111111  
00:21:06.010 --> 00:21:07.130 I just selected, you know,  
NOTE Confidence: 0.830608141111111  
00:21:07.130 --> 00:21:09.422 three different topics out of many  
NOTE Confidence: 0.830608141111111  
00:21:09.422 --> 00:21:10.950 different controversies out there.  
NOTE Confidence: 0.830608141111111  
00:21:10.950 --> 00:21:12.990 Just to give you a flavor of kind  
NOTE Confidence: 0.830608141111111  
00:21:12.990 --> 00:21:15.336 of where the science is and how we  
NOTE Confidence: 0.830608141111111  
00:21:15.336 --> 00:21:17.723 can kind of adapt this more sort  
NOTE Confidence: 0.830608141111111  
00:21:17.723 --> 00:21:19.847 of it depends kind of thinking  
NOTE Confidence: 0.830608141111111  
00:21:19.850 --> 00:21:21.980 when it comes to specific topics,  
NOTE Confidence: 0.830608141111111  
00:21:21.980 --> 00:21:23.926 so we're going to talk first about  
NOTE Confidence: 0.830608141111111  
00:21:23.926 --> 00:21:25.789 sort of global parenting styles.  
NOTE Confidence: 0.830608141111111  
00:21:25.790 --> 00:21:28.500 Praise and then sleep training.  
NOTE Confidence: 0.904009044

00:21:31.560 --> 00:21:32.605 Alright, so there are a  
NOTE Confidence: 0.904009044

00:21:32.605 --> 00:21:33.650 lot of sort of general.  
NOTE Confidence: 0.904009044

00:21:33.650 --> 00:21:35.657 A lot of the books that are out there  
NOTE Confidence: 0.904009044

00:21:35.657 --> 00:21:37.836 on parenting summer very specific on,  
NOTE Confidence: 0.904009044

00:21:37.840 --> 00:21:39.476 you know specific topics,  
NOTE Confidence: 0.904009044

00:21:39.476 --> 00:21:41.930 but many of them advocate for  
NOTE Confidence: 0.904009044

00:21:42.010 --> 00:21:44.020 a specific type of approach  
NOTE Confidence: 0.904009044

00:21:44.020 --> 00:21:46.134 and there are a lot out there.  
NOTE Confidence: 0.904009044

00:21:46.140 --> 00:21:47.988 I would say you know five of them  
NOTE Confidence: 0.904009044

00:21:47.988 --> 00:21:49.868 kind of the the ones that the  
NOTE Confidence: 0.904009044

00:21:49.868 --> 00:21:51.789 public at least hear about the most.  
NOTE Confidence: 0.904009044

00:21:51.790 --> 00:21:53.716 One of course is helicopter parenting.  
NOTE Confidence: 0.904009044

00:21:53.720 --> 00:21:55.010 That nobody likes to say that  
NOTE Confidence: 0.904009044

00:21:55.010 --> 00:21:56.200 they're in a helicopter parent.  
NOTE Confidence: 0.904009044

00:21:56.200 --> 00:21:58.072 That's a term that is more  
NOTE Confidence: 0.904009044

00:21:58.072 --> 00:22:00.202 derogatory and used by people who

NOTE Confidence: 0.904009044

00:22:00.202 --> 00:22:02.247 take other approaches to describe.

NOTE Confidence: 0.904009044

00:22:02.250 --> 00:22:06.594 Kind of this more intensive type work

NOTE Confidence: 0.904009044

00:22:06.594 --> 00:22:09.156 where parents are very involved with

NOTE Confidence: 0.904009044

00:22:09.156 --> 00:22:12.409 kids there sometimes running interference.

NOTE Confidence: 0.904009044

00:22:12.410 --> 00:22:16.036 There kind of restricting some of their

NOTE Confidence: 0.904009044

00:22:16.040 --> 00:22:18.020 their freedom but also wanting kids

NOTE Confidence: 0.904009044

00:22:18.020 --> 00:22:21.096 to be kids and not have to not have

NOTE Confidence: 0.904009044

00:22:21.096 --> 00:22:23.310 them being burdened with adult things.

NOTE Confidence: 0.904009044

00:22:23.310 --> 00:22:24.410 It's a very you know.

NOTE Confidence: 0.904009044

00:22:24.410 --> 00:22:26.706 I think you've all you're all familiar with

NOTE Confidence: 0.904009044

00:22:26.706 --> 00:22:29.744 this and and it's it is certainly you know,

NOTE Confidence: 0.904009044

00:22:29.750 --> 00:22:32.443 maybe the dominant sort of approach.

NOTE Confidence: 0.904009044

00:22:32.443 --> 00:22:32.826 Especially,

NOTE Confidence: 0.904009044

00:22:32.826 --> 00:22:36.340 I would say among sort of middle upper class,

NOTE Confidence: 0.904009044

00:22:36.340 --> 00:22:38.657 you know white families, but you know

NOTE Confidence: 0.904009044

00:22:38.657 --> 00:22:41.218 very common you know across the country,

NOTE Confidence: 0.904009044

00:22:41.220 --> 00:22:42.618 but you know there are others,

NOTE Confidence: 0.904009044

00:22:42.620 --> 00:22:45.632 probably the opposite of this is you know

NOTE Confidence: 0.904009044

00:22:45.632 --> 00:22:47.708 what's been termed free range parenting,

NOTE Confidence: 0.904009044

00:22:47.710 --> 00:22:49.966 which is a much sort of back off.

NOTE Confidence: 0.904009044

00:22:49.970 --> 00:22:50.758 Encourage independence,

NOTE Confidence: 0.904009044

00:22:50.758 --> 00:22:53.516 let kids do what they're gonna do.

NOTE Confidence: 0.904009044

00:22:53.520 --> 00:22:55.540 Let them take some risks.

NOTE Confidence: 0.904009044

00:22:55.540 --> 00:22:57.328 Understand that the world isn't quite

NOTE Confidence: 0.904009044

00:22:57.328 --> 00:22:59.417 as dangerous as you may think it is.

NOTE Confidence: 0.904009044

00:22:59.420 --> 00:23:00.140 You know it.

NOTE Confidence: 0.904009044

00:23:00.140 --> 00:23:01.306 It's, uh, you know.

NOTE Confidence: 0.904009044

00:23:01.306 --> 00:23:02.678 Clearly a different step.

NOTE Confidence: 0.904009044

00:23:02.680 --> 00:23:05.528 And then there's, UM.

NOTE Confidence: 0.904009044

00:23:05.530 --> 00:23:07.252 There's a, you know what's been

NOTE Confidence: 0.904009044

00:23:07.252 --> 00:23:08.710 called tiger parenting or what.



NOTE Confidence: 0.904009044

00:23:08.710 --> 00:23:11.560 I sometimes called old school parenting.

NOTE Confidence: 0.904009044

00:23:11.560 --> 00:23:15.594 Tiger parenting is more, you know,

NOTE Confidence: 0.904009044

00:23:15.594 --> 00:23:16.830 heavily, more supervising,

NOTE Confidence: 0.904009044

00:23:16.830 --> 00:23:18.654 more achievement oriented scheduling.

NOTE Confidence: 0.904009044

00:23:18.654 --> 00:23:21.916 Lots of you know, music lessons,

NOTE Confidence: 0.904009044

00:23:21.916 --> 00:23:25.506 art lessons, extra academic prep.

NOTE Confidence: 0.904009044

00:23:25.510 --> 00:23:27.370 Whereas old school is more

NOTE Confidence: 0.904009044

00:23:27.370 --> 00:23:28.858 sort of the parents.

NOTE Confidence: 0.904009044

00:23:28.860 --> 00:23:32.924 Often the dad is in charge and the

NOTE Confidence: 0.904009044

00:23:32.924 --> 00:23:36.004 disciplinarian and and then the another

NOTE Confidence: 0.904009044

00:23:36.004 --> 00:23:38.720 one is is is what's called attachment

NOTE Confidence: 0.904009044

00:23:38.720 --> 00:23:40.989 parenting and that that one comes up,

NOTE Confidence: 0.904009044

00:23:40.990 --> 00:23:43.620 especially among very young kids.

NOTE Confidence: 0.904009044

00:23:43.620 --> 00:23:46.284 It's kind of quite different from the one you

NOTE Confidence: 0.904009044

00:23:46.284 --> 00:23:49.007 know you might call the old school parenting.

NOTE Confidence: 0.904009044

00:23:49.010 --> 00:23:51.370 It's it's more about attunement,  
NOTE Confidence: 0.904009044

00:23:51.370 --> 00:23:55.534 sensitivity, responsiveness, less about.  
NOTE Confidence: 0.904009044

00:23:55.534 --> 00:23:58.657 Punishments and uhm?  
NOTE Confidence: 0.904009044

00:23:58.660 --> 00:24:01.060 Uhm, you know and and and and then.  
NOTE Confidence: 0.904009044

00:24:01.060 --> 00:24:03.937 For infants it gets into things like.  
NOTE Confidence: 0.904009044

00:24:03.940 --> 00:24:05.260 Uh, the you know,  
NOTE Confidence: 0.904009044

00:24:05.260 --> 00:24:07.770 sharing a bed and sleep training issues,  
NOTE Confidence: 0.904009044

00:24:07.770 --> 00:24:09.970 but we'll talk about it in a bit,  
NOTE Confidence: 0.904009044

00:24:09.970 --> 00:24:12.190 but this is the language  
NOTE Confidence: 0.904009044

00:24:12.190 --> 00:24:13.966 that the public hears.  
NOTE Confidence: 0.904009044

00:24:13.970 --> 00:24:15.482 And you know these,  
NOTE Confidence: 0.904009044

00:24:15.482 --> 00:24:17.750 have you know very different implications.  
NOTE Confidence: 0.904009044

00:24:17.750 --> 00:24:19.350 I mean, and this is a just example.  
NOTE Confidence: 0.904009044

00:24:19.350 --> 00:24:21.045 Very typical, say,  
NOTE Confidence: 0.904009044

00:24:21.045 --> 00:24:23.870 scenario that might play out,  
NOTE Confidence: 0.904009044

00:24:23.870 --> 00:24:24.092 right?

NOTE Confidence: 0.904009044

00:24:24.092 --> 00:24:26.090 So let's say we had that a 6 year

NOTE Confidence: 0.904009044

00:24:26.152 --> 00:24:28.056 old boy who's playing in the four

NOTE Confidence: 0.904009044

00:24:28.056 --> 00:24:30.106 year old sister comes in and starts

NOTE Confidence: 0.904009044

00:24:30.106 --> 00:24:32.284 to mess with the Lego structure

NOTE Confidence: 0.904009044

00:24:32.284 --> 00:24:34.510 that the the boy has made and

NOTE Confidence: 0.904009044

00:24:34.510 --> 00:24:36.170 this gets into an argument.

NOTE Confidence: 0.904009044

00:24:36.170 --> 00:24:38.590 And then it ends up into a fight and finally

NOTE Confidence: 0.92056887

00:24:38.648 --> 00:24:40.188 the brother hits the sister,

NOTE Confidence: 0.92056887

00:24:40.190 --> 00:24:41.420 knocks her to the ground.

NOTE Confidence: 0.92056887

00:24:41.420 --> 00:24:44.535 Now both kids are crying and the.

NOTE Confidence: 0.92056887

00:24:44.540 --> 00:24:47.044 The son is saying his Legos are ruined

NOTE Confidence: 0.92056887

00:24:47.044 --> 00:24:49.623 and the and the daughter is upset and

NOTE Confidence: 0.92056887

00:24:49.623 --> 00:24:52.038 then the say the mother comes in.

NOTE Confidence: 0.92056887

00:24:52.040 --> 00:24:54.497 You know what would you do in that situation

NOTE Confidence: 0.92056887

00:24:54.497 --> 00:24:56.672 and and how do the different approaches

NOTE Confidence: 0.92056887

00:24:56.672 --> 00:25:01.060 sort of suggest different courses of action?  
NOTE Confidence: 0.92056887

00:25:01.060 --> 00:25:03.908 So if you are a free range mom,  
NOTE Confidence: 0.92056887

00:25:03.910 --> 00:25:05.814 you might say I'm I'm not a,  
NOTE Confidence: 0.92056887

00:25:05.820 --> 00:25:06.780 you know police officer,  
NOTE Confidence: 0.92056887

00:25:06.780 --> 00:25:07.980 I'm staying out of this.  
NOTE Confidence: 0.92056887

00:25:07.980 --> 00:25:09.919 You two need to work this out.  
NOTE Confidence: 0.92056887

00:25:09.920 --> 00:25:11.318 Uhm, you know,  
NOTE Confidence: 0.92056887

00:25:11.318 --> 00:25:13.648 figure this out for yourself.  
NOTE Confidence: 0.92056887

00:25:13.650 --> 00:25:15.585 Uh, if you were more of an old school,  
NOTE Confidence: 0.92056887

00:25:15.590 --> 00:25:17.050 or maybe a tiger parent,  
NOTE Confidence: 0.92056887

00:25:17.050 --> 00:25:19.746 you might give the sun a time out.  
NOTE Confidence: 0.92056887

00:25:19.750 --> 00:25:22.210 You might even spank the  
NOTE Confidence: 0.92056887

00:25:22.210 --> 00:25:24.670 sun or striking his sister.  
NOTE Confidence: 0.92056887

00:25:24.670 --> 00:25:27.673 You wouldn't worry too much about expressing  
NOTE Confidence: 0.92056887

00:25:27.673 --> 00:25:30.818 you know some outward levels of anger.  
NOTE Confidence: 0.92056887

00:25:30.820 --> 00:25:33.016 Come if you are more coming

NOTE Confidence: 0.92056887

00:25:33.016 --> 00:25:34.480 from the attachment school,

NOTE Confidence: 0.92056887

00:25:34.480 --> 00:25:36.658 I think rather than to give a time out,

NOTE Confidence: 0.92056887

00:25:36.660 --> 00:25:39.540 you would try to give the son of time

NOTE Confidence: 0.92056887

00:25:39.540 --> 00:25:42.542 in try to sort of get down on his level

NOTE Confidence: 0.92056887

00:25:42.550 --> 00:25:46.158 kind of Co regulate helping him calm down.

NOTE Confidence: 0.92056887

00:25:46.160 --> 00:25:47.615 Have a conversation about what

NOTE Confidence: 0.92056887

00:25:47.615 --> 00:25:49.435 happened and try to talk about

NOTE Confidence: 0.92056887

00:25:49.435 --> 00:25:50.980 how to do things differently.

NOTE Confidence: 0.92056887

00:25:50.980 --> 00:25:53.600 Try to empathize with you,

NOTE Confidence: 0.92056887

00:25:53.600 --> 00:25:55.945 know the feelings that the son and

NOTE Confidence: 0.92056887

00:25:55.945 --> 00:25:57.419 daughter had encouraged to use,

NOTE Confidence: 0.92056887

00:25:57.420 --> 00:25:58.740 the words you probably wouldn't

NOTE Confidence: 0.92056887

00:25:58.740 --> 00:26:00.710 use any kind of a punishment.

NOTE Confidence: 0.92056887

00:26:00.710 --> 00:26:01.988 And then more sort of the

NOTE Confidence: 0.92056887

00:26:01.988 --> 00:26:03.420 modern style or the helicopter.

NOTE Confidence: 0.92056887

00:26:03.420 --> 00:26:05.457 Or maybe you you know you saw  
NOTE Confidence: 0.92056887

00:26:05.457 --> 00:26:07.302 something online and you said oh what  
NOTE Confidence: 0.92056887

00:26:07.302 --> 00:26:09.060 I need to do is shower attention  
NOTE Confidence: 0.92056887

00:26:09.060 --> 00:26:11.058 on the daughter and that will.  
NOTE Confidence: 0.92056887

00:26:11.060 --> 00:26:13.364 You know that will be the the path out  
NOTE Confidence: 0.92056887

00:26:13.364 --> 00:26:15.999 and that will help the sun realize you  
NOTE Confidence: 0.92056887

00:26:15.999 --> 00:26:18.030 don't get attention for misbehaving.  
NOTE Confidence: 0.92056887

00:26:18.030 --> 00:26:20.073 Or maybe you'd give the toy at time out.  
NOTE Confidence: 0.92056887

00:26:20.080 --> 00:26:21.560 That's another new technique, right?  
NOTE Confidence: 0.92056887

00:26:21.560 --> 00:26:23.620 You put the toy away.  
NOTE Confidence: 0.92056887

00:26:23.620 --> 00:26:24.350 But it,  
NOTE Confidence: 0.92056887

00:26:24.350 --> 00:26:26.175 whatever you would still probably  
NOTE Confidence: 0.92056887

00:26:26.175 --> 00:26:27.690 stay in the room,  
NOTE Confidence: 0.92056887

00:26:27.690 --> 00:26:29.802 and you might even like use  
NOTE Confidence: 0.92056887

00:26:29.802 --> 00:26:31.780 yourself as a physical barrier  
NOTE Confidence: 0.92056887

00:26:31.780 --> 00:26:34.286 to make sure that the kids don't.

NOTE Confidence: 0.92056887

00:26:34.290 --> 00:26:37.559 Uhm, kind of repeat the same thing.

NOTE Confidence: 0.92056887

00:26:37.560 --> 00:26:39.756 So you know these these different

NOTE Confidence: 0.92056887

00:26:39.756 --> 00:26:42.513 approaches really do end up sort of

NOTE Confidence: 0.92056887

00:26:42.513 --> 00:26:44.548 leading to different techniques and

NOTE Confidence: 0.92056887

00:26:44.548 --> 00:26:46.898 strategies, and parents often want to know,

NOTE Confidence: 0.92056887

00:26:46.900 --> 00:26:47.852 well, you know what?

NOTE Confidence: 0.92056887

00:26:47.852 --> 00:26:48.804 What would you do?

NOTE Confidence: 0.92056887

00:26:48.810 --> 00:26:49.920 Or you know what is?

NOTE Confidence: 0.92056887

00:26:49.920 --> 00:26:52.240 What is the right answer and all of

NOTE Confidence: 0.92056887

00:26:52.240 --> 00:26:53.959 these different approaches I think,

NOTE Confidence: 0.92056887

00:26:53.960 --> 00:26:56.162 have you know,

NOTE Confidence: 0.92056887

00:26:56.162 --> 00:26:57.488 are logical in some ways they

NOTE Confidence: 0.92056887

00:26:57.488 --> 00:26:58.939 can be useful in some ways.

NOTE Confidence: 0.92056887

00:26:58.940 --> 00:26:59.972 The question is,

NOTE Confidence: 0.92056887

00:26:59.972 --> 00:27:02.204 you know there's one shows superiority

NOTE Confidence: 0.92056887

00:27:02.204 --> 00:27:05.816 over the other or or is it more that  
NOTE Confidence: 0.92056887

00:27:05.816 --> 00:27:08.246 some kids respond to different types?  
NOTE Confidence: 0.92056887

00:27:08.250 --> 00:27:10.715 And what can be confusing when you try  
NOTE Confidence: 0.92056887

00:27:10.715 --> 00:27:12.673 to mix sort of what the public here is  
NOTE Confidence: 0.92056887

00:27:12.673 --> 00:27:14.305 about the different styles of parenting.  
NOTE Confidence: 0.92056887

00:27:14.310 --> 00:27:16.930 Is that the academic world  
NOTE Confidence: 0.92056887

00:27:16.930 --> 00:27:18.586 doesn't use any of these terms,  
NOTE Confidence: 0.92056887

00:27:18.590 --> 00:27:20.090 and they you know you don't  
NOTE Confidence: 0.92056887

00:27:20.090 --> 00:27:21.090 read studies about tiger,  
NOTE Confidence: 0.92056887

00:27:21.090 --> 00:27:24.740 parenting or or helicopter parenting.  
NOTE Confidence: 0.92056887

00:27:24.740 --> 00:27:26.696 You know what you have is  
NOTE Confidence: 0.92056887

00:27:26.696 --> 00:27:28.000 this structure that's existed  
NOTE Confidence: 0.924072646666667

00:27:28.067 --> 00:27:30.952 for decades where you have kind of this  
NOTE Confidence: 0.924072646666667

00:27:30.952 --> 00:27:34.040 two by two table and there are four  
NOTE Confidence: 0.924072646666667

00:27:34.040 --> 00:27:36.440 parenting types based on whether parents  
NOTE Confidence: 0.924072646666667

00:27:36.512 --> 00:27:38.816 are high or low in a dimension of.



NOTE Confidence: 0.924072646666667

00:27:38.820 --> 00:27:41.226 Affection and warped and the other

NOTE Confidence: 0.924072646666667

00:27:41.226 --> 00:27:43.410 dimension of supervision and control.

NOTE Confidence: 0.924072646666667

00:27:43.410 --> 00:27:45.510 And, uh, you know there,

NOTE Confidence: 0.924072646666667

00:27:45.510 --> 00:27:46.854 there's the and unfortunately,

NOTE Confidence: 0.924072646666667

00:27:46.854 --> 00:27:49.334 the two of these words are almost

NOTE Confidence: 0.924072646666667

00:27:49.334 --> 00:27:51.349 identical and fouls everybody out,

NOTE Confidence: 0.924072646666667

00:27:51.350 --> 00:27:52.869 but that's what we have right now.

NOTE Confidence: 0.924072646666667

00:27:52.870 --> 00:27:54.529 So if you're high in both warmth

NOTE Confidence: 0.924072646666667

00:27:54.529 --> 00:27:56.589 and high in supervision and control,

NOTE Confidence: 0.924072646666667

00:27:56.590 --> 00:27:59.100 that's authoritative.

NOTE Confidence: 0.924072646666667

00:27:59.100 --> 00:28:01.200 Hi and supervision and control but

NOTE Confidence: 0.924072646666667

00:28:01.200 --> 00:28:03.580 low and work that's authoritarian.

NOTE Confidence: 0.924072646666667

00:28:03.580 --> 00:28:07.315 Uhm and then high in a warmth below and

NOTE Confidence: 0.924072646666667

00:28:07.315 --> 00:28:10.648 control is more of the permissive style.

NOTE Confidence: 0.924072646666667

00:28:10.650 --> 00:28:12.420 But this is the academic language.

NOTE Confidence: 0.924072646666667

00:28:12.420 --> 00:28:14.163 How do you map those two things  
NOTE Confidence: 0.924072646666667

00:28:14.163 --> 00:28:15.280 on so you know?  
NOTE Confidence: 0.924072646666667

00:28:15.280 --> 00:28:17.773 I think if you ask the the sort of  
NOTE Confidence: 0.924072646666667

00:28:17.773 --> 00:28:20.238 major advocates of the of the more  
NOTE Confidence: 0.924072646666667

00:28:20.238 --> 00:28:22.460 popular types that all say that  
NOTE Confidence: 0.924072646666667

00:28:22.460 --> 00:28:25.134 they're they're advocating for an  
NOTE Confidence: 0.924072646666667

00:28:25.134 --> 00:28:27.438 authority and authoritative approach.  
NOTE Confidence: 0.924072646666667

00:28:27.440 --> 00:28:31.103 But this was my attempt to sort of map,  
NOTE Confidence: 0.924072646666667

00:28:31.110 --> 00:28:33.826 you know how the more popular approaches  
NOTE Confidence: 0.924072646666667

00:28:33.826 --> 00:28:37.313 sort of map on to the more academic  
NOTE Confidence: 0.924072646666667

00:28:37.313 --> 00:28:39.553 structure with the modern parenting.  
NOTE Confidence: 0.924072646666667

00:28:39.560 --> 00:28:41.030 You know most of them.  
NOTE Confidence: 0.924072646666667

00:28:41.030 --> 00:28:42.500 Sure.  
NOTE Confidence: 0.924072646666667

00:28:42.500 --> 00:28:47.648 You know clustering around the authoritative.  
NOTE Confidence: 0.924072646666667

00:28:47.650 --> 00:28:49.771 But you know some some movement with  
NOTE Confidence: 0.924072646666667

00:28:49.771 --> 00:28:52.556 the tiger and old school being a little

NOTE Confidence: 0.924072646666667

00:28:52.556 --> 00:28:54.084 more authoritarian and free range.

NOTE Confidence: 0.924072646666667

00:28:54.084 --> 00:28:55.820 Being a little bit more on the Commission.

NOTE Confidence: 0.798766015

00:28:58.350 --> 00:29:00.660 But how about it? It depends, right?

NOTE Confidence: 0.798766015

00:29:00.660 --> 00:29:02.122 I think most of us, you know,

NOTE Confidence: 0.798766015

00:29:02.122 --> 00:29:04.028 hearing those scenarios might say, well, uhm.

NOTE Confidence: 0.798766015

00:29:04.028 --> 00:29:05.898 It might be different depending

NOTE Confidence: 0.798766015

00:29:05.898 --> 00:29:08.296 on the child's temperament or the

NOTE Confidence: 0.798766015

00:29:08.296 --> 00:29:11.197 culture or other things, so you know,

NOTE Confidence: 0.798766015

00:29:11.197 --> 00:29:14.200 I think when you look at the.

NOTE Confidence: 0.798766015

00:29:14.200 --> 00:29:16.132 The literature you find that often

NOTE Confidence: 0.798766015

00:29:16.132 --> 00:29:18.763 there isn't a cut and dry answer that

NOTE Confidence: 0.798766015

00:29:18.763 --> 00:29:21.283 that works best, I think certainly.

NOTE Confidence: 0.798766015

00:29:21.283 --> 00:29:24.409 The bulk of the research tensive

NOTE Confidence: 0.798766015

00:29:24.409 --> 00:29:26.614 suggests that the authoritative

NOTE Confidence: 0.798766015

00:29:26.614 --> 00:29:29.800 approach tends to be related to.

NOTE Confidence: 0.798766015

00:29:29.800 --> 00:29:32.096 Better outcomes in a lot of different ways,  
NOTE Confidence: 0.798766015

00:29:32.100 --> 00:29:33.934 but there are some exceptions to that,  
NOTE Confidence: 0.798766015

00:29:33.940 --> 00:29:35.638 and one of them is culture.  
NOTE Confidence: 0.798766015

00:29:35.640 --> 00:29:38.984 UM, a lot of the research on authoritative  
NOTE Confidence: 0.798766015

00:29:38.984 --> 00:29:41.860 parenting comes from a kind of middle  
NOTE Confidence: 0.798766015

00:29:41.860 --> 00:29:43.960 class white non Hispanic families  
NOTE Confidence: 0.798766015

00:29:43.960 --> 00:29:46.559 and some studies show that the.  
NOTE Confidence: 0.798766015

00:29:46.560 --> 00:29:47.568 Sort of.  
NOTE Confidence: 0.798766015

00:29:47.568 --> 00:29:50.088 The superiority of the authoritative  
NOTE Confidence: 0.798766015

00:29:50.088 --> 00:29:52.360 approach doesn't hold up quite  
NOTE Confidence: 0.798766015

00:29:52.360 --> 00:29:54.754 so much in in some other groups.  
NOTE Confidence: 0.798766015

00:29:54.760 --> 00:29:56.536 Come and temperament maybe a little  
NOTE Confidence: 0.798766015

00:29:56.536 --> 00:29:58.619 bit different so you know there was  
NOTE Confidence: 0.798766015

00:29:58.619 --> 00:30:00.299 another study that shows that the  
NOTE Confidence: 0.798766015

00:30:00.299 --> 00:30:02.208 more permissive style was actually  
NOTE Confidence: 0.798766015

00:30:02.208 --> 00:30:04.778 related to to more problems for kids

NOTE Confidence: 0.798766015

00:30:04.778 --> 00:30:07.400 who are higher on anxiety, you know.

NOTE Confidence: 0.798766015

00:30:07.400 --> 00:30:08.320 So there are these.

NOTE Confidence: 0.798766015

00:30:08.320 --> 00:30:10.878 It depends factors that really come

NOTE Confidence: 0.798766015

00:30:10.878 --> 00:30:12.474 into play and and people would say,

NOTE Confidence: 0.798766015

00:30:12.480 --> 00:30:14.920 like you know what I should do is what works.

NOTE Confidence: 0.798766015

00:30:14.920 --> 00:30:17.097 You know instead of sort of blindly

NOTE Confidence: 0.798766015

00:30:17.097 --> 00:30:18.580 and rigidly following one line,

NOTE Confidence: 0.798766015

00:30:18.580 --> 00:30:21.298 you try something and and observe.

NOTE Confidence: 0.798766015

00:30:21.300 --> 00:30:23.858 And if it's working great, just go with it.

NOTE Confidence: 0.798766015

00:30:23.858 --> 00:30:26.660 And if it's not. You sometimes need to shift.

NOTE Confidence: 0.908969284285714

00:30:28.840 --> 00:30:31.717 And one thing that I will sometimes

NOTE Confidence: 0.908969284285714

00:30:31.720 --> 00:30:33.688 advocate for and talk to parents about it.

NOTE Confidence: 0.908969284285714

00:30:33.690 --> 00:30:36.900 And I know this sounds almost.

NOTE Confidence: 0.908969284285714

00:30:36.900 --> 00:30:38.276 In complete contradiction to

NOTE Confidence: 0.908969284285714

00:30:38.276 --> 00:30:40.635 what Doctor Spock says and and I

NOTE Confidence: 0.908969284285714

00:30:40.635 --> 00:30:42.266 don't mean it to be because I,  
NOTE Confidence: 0.908969284285714

00:30:42.270 --> 00:30:44.279 I think actually we have to parent  
NOTE Confidence: 0.908969284285714

00:30:44.279 --> 00:30:46.033 instinctually and we have to do things  
NOTE Confidence: 0.908969284285714

00:30:46.033 --> 00:30:47.810 we have to parent in a way that.  
NOTE Confidence: 0.908969284285714

00:30:47.810 --> 00:30:50.280 Comes naturally to us, but.  
NOTE Confidence: 0.908969284285714

00:30:50.280 --> 00:30:52.555 I often encourage families to sort of  
NOTE Confidence: 0.908969284285714

00:30:52.555 --> 00:30:54.539 think about their own temperament,  
NOTE Confidence: 0.908969284285714

00:30:54.540 --> 00:30:57.060 and I sometimes think that sometimes.  
NOTE Confidence: 0.908969284285714

00:30:57.060 --> 00:30:59.716 What parents need to do is take a  
NOTE Confidence: 0.908969284285714

00:30:59.716 --> 00:31:02.109 couple steps in the opposite direction  
NOTE Confidence: 0.908969284285714

00:31:02.109 --> 00:31:05.020 of what comes most naturally to them.  
NOTE Confidence: 0.908969284285714

00:31:05.020 --> 00:31:08.233 And by that I mean that if you're a  
NOTE Confidence: 0.908969284285714

00:31:08.233 --> 00:31:11.768 parent who you know instinctually.  
NOTE Confidence: 0.908969284285714

00:31:11.770 --> 00:31:13.870 Wants to be your child's best friend.  
NOTE Confidence: 0.908969284285714

00:31:13.870 --> 00:31:15.949 You really don't like having to do  
NOTE Confidence: 0.908969284285714

00:31:15.949 --> 00:31:18.033 anything in terms of supervision or

NOTE Confidence: 0.908969284285714  
00:31:18.033 --> 00:31:21.130 setting limits, and that is hard for you.  
NOTE Confidence: 0.908969284285714  
00:31:21.130 --> 00:31:23.578 Well, maybe you know that's a place where  
NOTE Confidence: 0.908969284285714  
00:31:23.578 --> 00:31:26.273 you need to to work on it and take a step.  
NOTE Confidence: 0.908969284285714  
00:31:26.280 --> 00:31:28.512 Being a little bit more in  
NOTE Confidence: 0.908969284285714  
00:31:28.512 --> 00:31:29.628 the authoritarian direction.  
NOTE Confidence: 0.908969284285714  
00:31:29.630 --> 00:31:30.646 And conversely,  
NOTE Confidence: 0.908969284285714  
00:31:30.646 --> 00:31:34.202 if you're the kind of parent who.  
NOTE Confidence: 0.908969284285714  
00:31:34.210 --> 00:31:35.164 You know,  
NOTE Confidence: 0.908969284285714  
00:31:35.164 --> 00:31:37.549 has trouble showing affection has  
NOTE Confidence: 0.908969284285714  
00:31:37.549 --> 00:31:39.350 trouble showing warmth and you  
NOTE Confidence: 0.908969284285714  
00:31:39.350 --> 00:31:40.090 may sort of say,  
NOTE Confidence: 0.908969284285714  
00:31:40.090 --> 00:31:42.378 well I I'm I'm an old school parent  
NOTE Confidence: 0.908969284285714  
00:31:42.378 --> 00:31:44.068 that's that's what fits me well,  
NOTE Confidence: 0.908969284285714  
00:31:44.070 --> 00:31:44.692 you know,  
NOTE Confidence: 0.908969284285714  
00:31:44.692 --> 00:31:46.869 maybe you know that's the kind of  
NOTE Confidence: 0.908969284285714

00:31:46.869 --> 00:31:48.615 parents that actually could move a  
NOTE Confidence: 0.908969284285714

00:31:48.615 --> 00:31:51.274 step and try to be a little bit more  
NOTE Confidence: 0.908969284285714

00:31:51.274 --> 00:31:54.880 playful and and and warm and so.  
NOTE Confidence: 0.908969284285714

00:31:54.880 --> 00:31:55.358 You know,  
NOTE Confidence: 0.908969284285714

00:31:55.358 --> 00:31:57.770 in some cases I think you know you have to.  
NOTE Confidence: 0.908969284285714

00:31:57.770 --> 00:31:59.730 You have to parent in a way that  
NOTE Confidence: 0.908969284285714

00:31:59.730 --> 00:32:00.920 that that you can do,  
NOTE Confidence: 0.908969284285714

00:32:00.920 --> 00:32:02.786 but I think sometimes taking a  
NOTE Confidence: 0.908969284285714

00:32:02.786 --> 00:32:04.850 step away from your temperament,  
NOTE Confidence: 0.908969284285714

00:32:04.850 --> 00:32:06.475 you know swimming against your  
NOTE Confidence: 0.908969284285714

00:32:06.475 --> 00:32:08.100 temperamental tide a little bit  
NOTE Confidence: 0.908969284285714

00:32:08.100 --> 00:32:10.368 can be very useful for kids.  
NOTE Confidence: 0.842200498333333

00:32:12.860 --> 00:32:15.158 Any new move now to praise.  
NOTE Confidence: 0.842200498333333

00:32:15.160 --> 00:32:18.220 Uhm, another topic in here.  
NOTE Confidence: 0.842200498333333

00:32:18.220 --> 00:32:20.268 Uh, so let me just start with this.  
NOTE Confidence: 0.842200498333333

00:32:20.270 --> 00:32:22.489 So again, like what our options here



NOTE Confidence: 0.842200498333333

00:32:22.489 --> 00:32:24.961 are six year old Dr draws a picture

NOTE Confidence: 0.842200498333333

00:32:24.961 --> 00:32:27.000 and brings it to their parents.

NOTE Confidence: 0.842200498333333

00:32:27.000 --> 00:32:30.598 And says look, look what I did.

NOTE Confidence: 0.842200498333333

00:32:30.600 --> 00:32:32.584 What's the best way to respond to that?

NOTE Confidence: 0.842200498333333

00:32:32.590 --> 00:32:36.426 Should you say what a beautiful picture?

NOTE Confidence: 0.842200498333333

00:32:36.430 --> 00:32:39.338 You're a terrific artist.

NOTE Confidence: 0.842200498333333

00:32:39.340 --> 00:32:42.574 You're the best artist in your class.

NOTE Confidence: 0.842200498333333

00:32:42.580 --> 00:32:45.121 You really worked hard to get your

NOTE Confidence: 0.842200498333333

00:32:45.121 --> 00:32:47.368 drawing just right. Or I probably

NOTE Confidence: 0.842200498333333

00:32:47.368 --> 00:32:50.070 would have used orange in that spot.

NOTE Confidence: 0.842200498333333

00:32:50.070 --> 00:32:52.502 So let's think through a little bit about

NOTE Confidence: 0.842200498333333

00:32:52.502 --> 00:32:54.919 the the literature about praise and,

NOTE Confidence: 0.842200498333333

00:32:54.920 --> 00:32:57.740 and this is also an area that it has become,

NOTE Confidence: 0.842200498333333

00:32:57.740 --> 00:33:00.680 you know, very controversial praise.

NOTE Confidence: 0.842200498333333

00:33:00.680 --> 00:33:04.060 On the one hand is something that is sort of

NOTE Confidence: 0.842200498333333

00:33:04.145 --> 00:33:07.607 built into the authoritative parenting style.

NOTE Confidence: 0.842200498333333

00:33:07.610 --> 00:33:10.622 Most evidence based approaches to kids

NOTE Confidence: 0.842200498333333

00:33:10.622 --> 00:33:13.287 who struggle with oppositional defiant

NOTE Confidence: 0.842200498333333

00:33:13.287 --> 00:33:15.220 behavior talks a lot about praise,

NOTE Confidence: 0.842200498333333

00:33:15.220 --> 00:33:16.860 encourages a lot about praise.

NOTE Confidence: 0.842200498333333

00:33:16.860 --> 00:33:18.020 But as you all know,

NOTE Confidence: 0.842200498333333

00:33:18.020 --> 00:33:20.288 there also is this kind of.

NOTE Confidence: 0.842200498333333

00:33:20.290 --> 00:33:22.294 Backlash out there that's saying, well,

NOTE Confidence: 0.842200498333333

00:33:22.294 --> 00:33:25.350 we've gone too far for for praising kids

NOTE Confidence: 0.842200498333333

00:33:25.350 --> 00:33:27.510 for breathing it's getting too much.

NOTE Confidence: 0.842200498333333

00:33:27.510 --> 00:33:29.780 Everyone is getting a trophy.

NOTE Confidence: 0.842200498333333

00:33:29.780 --> 00:33:31.790 You know you know we're turning

NOTE Confidence: 0.842200498333333

00:33:31.790 --> 00:33:33.457 everyone into narcissists so you

NOTE Confidence: 0.842200498333333

00:33:33.457 --> 00:33:35.065 know what do we actually know

NOTE Confidence: 0.842200498333333

00:33:35.065 --> 00:33:36.988 about this and and are there some?

NOTE Confidence: 0.842200498333333

00:33:36.990 --> 00:33:39.210 It depends factors that we

NOTE Confidence: 0.842200498333333  
00:33:39.210 --> 00:33:41.430 want to be thinking about.  
NOTE Confidence: 0.842200498333333  
00:33:41.430 --> 00:33:43.365 The praise you know, why do we use praise?  
NOTE Confidence: 0.842200498333333  
00:33:43.370 --> 00:33:45.204 We really use praise for two reasons.  
NOTE Confidence: 0.842200498333333  
00:33:45.210 --> 00:33:48.063 One as a as sort of a cold steely  
NOTE Confidence: 0.842200498333333  
00:33:48.063 --> 00:33:50.383 reinforce are just like those pellets  
NOTE Confidence: 0.842200498333333  
00:33:50.383 --> 00:33:52.750 that the pigeon spec for food.  
NOTE Confidence: 0.842200498333333  
00:33:52.750 --> 00:33:55.390 We use it because we want if we  
NOTE Confidence: 0.842200498333333  
00:33:55.390 --> 00:33:57.367 see something a child is doing,  
NOTE Confidence: 0.842200498333333  
00:33:57.370 --> 00:33:59.994 we use praise to try to make the  
NOTE Confidence: 0.842200498333333  
00:33:59.994 --> 00:34:02.609 probability of that happening again go up.  
NOTE Confidence: 0.842200498333333  
00:34:02.610 --> 00:34:06.084 But we also use praise as a self esteem  
NOTE Confidence: 0.842200498333333  
00:34:06.084 --> 00:34:09.022 builder to help children sort of build  
NOTE Confidence: 0.842200498333333  
00:34:09.022 --> 00:34:12.308 that inner sense of value and efficacy.  
NOTE Confidence: 0.842200498333333  
00:34:12.310 --> 00:34:12.620 Uhm?  
NOTE Confidence: 0.842200498333333  
00:34:12.620 --> 00:34:15.410 But this is where you know and and and  
NOTE Confidence: 0.842200498333333

00:34:15.485 --> 00:34:18.005 certainly you know praise has been,  
NOTE Confidence: 0.842200498333333  
00:34:18.010 --> 00:34:20.550 you know, highly endorsed by,  
NOTE Confidence: 0.842200498333333  
00:34:20.550 --> 00:34:22.377 you know, all of you know a lot of  
NOTE Confidence: 0.842200498333333  
00:34:22.377 --> 00:34:24.399 our major professional organizations.  
NOTE Confidence: 0.842200498333333  
00:34:24.400 --> 00:34:26.410 I think I mentioned all this.  
NOTE Confidence: 0.842200498333333  
00:34:26.410 --> 00:34:27.320 But there is, you know.  
NOTE Confidence: 0.842200498333333  
00:34:27.320 --> 00:34:29.930 Again, there is this, UM.  
NOTE Confidence: 0.842200498333333  
00:34:29.930 --> 00:34:33.042 Their counter argument that,  
NOTE Confidence: 0.842200498333333  
00:34:33.042 --> 00:34:33.820 UM,  
NOTE Confidence: 0.842200498333333  
00:34:33.820 --> 00:34:37.131 that you know if you use praise  
NOTE Confidence: 0.842200498333333  
00:34:37.131 --> 00:34:38.550 too much that.  
NOTE Confidence: 0.842200498333333  
00:34:38.550 --> 00:34:40.025 That either children will become  
NOTE Confidence: 0.842200498333333  
00:34:40.025 --> 00:34:41.500 sort of impervious to it,  
NOTE Confidence: 0.842200498333333  
00:34:41.500 --> 00:34:44.324 it just loses its value just like any  
NOTE Confidence: 0.842200498333333  
00:34:44.324 --> 00:34:46.769 any currency that gets over that there's  
NOTE Confidence: 0.842200498333333  
00:34:46.769 --> 00:34:49.850 too much of it kind of loses its value,

NOTE Confidence: 0.842200498333333

00:34:49.850 --> 00:34:51.943 whereas some kids might sort of get

NOTE Confidence: 0.842200498333333

00:34:51.943 --> 00:34:54.174 addicted to the praise and and and

NOTE Confidence: 0.842200498333333

00:34:54.174 --> 00:34:56.474 they start doing things not because of

NOTE Confidence: 0.842200498333333

00:34:56.474 --> 00:34:58.484 the intrinsic motivation or you know,

NOTE Confidence: 0.842200498333333

00:34:58.490 --> 00:34:59.827 not because they want to do it,

NOTE Confidence: 0.842200498333333

00:34:59.830 --> 00:35:01.905 or because they find something

NOTE Confidence: 0.842200498333333

00:35:01.905 --> 00:35:02.735 intrinsically valuable.

NOTE Confidence: 0.842200498333333

00:35:02.740 --> 00:35:05.324 But because of the praise and you know,

NOTE Confidence: 0.842200498333333

00:35:05.324 --> 00:35:07.180 there is some some research to that that

NOTE Confidence: 0.842200498333333

00:35:07.230 --> 00:35:08.950 that you know if you put in a lot of.

NOTE Confidence: 0.842200498333333

00:35:08.950 --> 00:35:10.798 External motivators that sometimes

NOTE Confidence: 0.842200498333333

00:35:10.798 --> 00:35:13.108 kids will lose their interest,

NOTE Confidence: 0.842200498333333

00:35:13.110 --> 00:35:14.043 their intrinsic motivation.

NOTE Confidence: 0.842200498333333

00:35:14.043 --> 00:35:16.220 So you know what do we know

NOTE Confidence: 0.930555905

00:35:16.286 --> 00:35:19.316 about this? So here. Uhm, you know what?

NOTE Confidence: 0.930555905

00:35:19.320 --> 00:35:21.420 Probably is one of the biggest. It depends.  
NOTE Confidence: 0.930555905

00:35:21.420 --> 00:35:25.290 Factors is not so much on the type of child,  
NOTE Confidence: 0.930555905

00:35:25.290 --> 00:35:27.126 but actually the type of praise.  
NOTE Confidence: 0.930555905

00:35:27.130 --> 00:35:31.190 And there is an interesting research about.  
NOTE Confidence: 0.930555905

00:35:31.190 --> 00:35:32.650 The different types of praise.  
NOTE Confidence: 0.930555905

00:35:32.650 --> 00:35:35.090 So in in in some of the letter chair they  
NOTE Confidence: 0.930555905

00:35:35.155 --> 00:35:37.717 divide up phrase into what's called person,  
NOTE Confidence: 0.930555905

00:35:37.720 --> 00:35:39.512 praise and process praise.  
NOTE Confidence: 0.930555905

00:35:39.512 --> 00:35:42.546 So person. Praise is a statement  
NOTE Confidence: 0.930555905

00:35:42.546 --> 00:35:45.750 that's directed as as at traits.  
NOTE Confidence: 0.930555905

00:35:45.750 --> 00:35:47.430 So that would be something like you  
NOTE Confidence: 0.930555905

00:35:47.430 --> 00:35:49.407 are a fast runner or you or smart,  
NOTE Confidence: 0.930555905

00:35:49.410 --> 00:35:51.066 or you're so pretty.  
NOTE Confidence: 0.930555905

00:35:51.066 --> 00:35:53.550 You know you're describing a trait,  
NOTE Confidence: 0.930555905

00:35:53.550 --> 00:35:56.622 whereas process praise is describing a  
NOTE Confidence: 0.930555905

00:35:56.622 --> 00:36:00.159 specific behavior or an effort or method.

NOTE Confidence: 0.930555905

00:36:00.160 --> 00:36:01.624 You know you train.

NOTE Confidence: 0.930555905

00:36:01.624 --> 00:36:04.343 So hard for that that race so.

NOTE Confidence: 0.930555905

00:36:04.343 --> 00:36:05.912 There is a.

NOTE Confidence: 0.930555905

00:36:05.912 --> 00:36:08.647 You know, and I'm sure some of you are

NOTE Confidence: 0.930555905

00:36:08.647 --> 00:36:11.940 familiar with some of this work, but.

NOTE Confidence: 0.930555905

00:36:11.940 --> 00:36:13.596 You know there is some evidence

NOTE Confidence: 0.930555905

00:36:13.596 --> 00:36:15.447 to suggest that that person prays

NOTE Confidence: 0.930555905

00:36:15.447 --> 00:36:16.827 contributes to something which

NOTE Confidence: 0.930555905

00:36:16.827 --> 00:36:18.690 that's called a fixed mindset.

NOTE Confidence: 0.930555905

00:36:18.690 --> 00:36:21.790 Which is the idea that.

NOTE Confidence: 0.930555905

00:36:21.790 --> 00:36:24.334 That achievements or that

NOTE Confidence: 0.930555905

00:36:24.334 --> 00:36:28.150 success is sort of built in,

NOTE Confidence: 0.930555905

00:36:28.150 --> 00:36:29.630 and that you're sort of born with it,

NOTE Confidence: 0.930555905

00:36:29.630 --> 00:36:30.878 or you're not.

NOTE Confidence: 0.930555905

00:36:30.878 --> 00:36:33.374 Versus sort of a growth mindset.

NOTE Confidence: 0.930555905

00:36:33.380 --> 00:36:35.264 Which is that success is something  
NOTE Confidence: 0.930555905

00:36:35.264 --> 00:36:37.460 that you can earn that takes practice  
NOTE Confidence: 0.930555905

00:36:37.460 --> 00:36:39.805 and that you have to sort of keep  
NOTE Confidence: 0.930555905

00:36:39.805 --> 00:36:41.789 at it over and over again and fail  
NOTE Confidence: 0.930555905

00:36:41.789 --> 00:36:44.550 a lot and keep working better.  
NOTE Confidence: 0.930555905

00:36:44.550 --> 00:36:44.847 Uhm,  
NOTE Confidence: 0.930555905

00:36:44.847 --> 00:36:46.926 and there is some evidence that the  
NOTE Confidence: 0.930555905

00:36:46.926 --> 00:36:48.572 that the person prays contributes  
NOTE Confidence: 0.930555905

00:36:48.572 --> 00:36:50.868 to this idea of a wall laugh.  
NOTE Confidence: 0.930555905

00:36:50.870 --> 00:36:54.056 I'm this person saying I'm smart.  
NOTE Confidence: 0.930555905

00:36:54.060 --> 00:36:54.460 You know,  
NOTE Confidence: 0.930555905

00:36:54.460 --> 00:36:55.860 I don't wanna I don't want them  
NOTE Confidence: 0.930555905

00:36:55.860 --> 00:36:57.332 to find out otherwise and so you  
NOTE Confidence: 0.930555905

00:36:57.332 --> 00:36:59.020 get into a more sort of defensive,  
NOTE Confidence: 0.930555905

00:36:59.020 --> 00:37:01.276 protective mindset where you  
NOTE Confidence: 0.930555905

00:37:01.276 --> 00:37:04.096 don't want to challenge yourself.



NOTE Confidence: 0.930555905

00:37:04.100 --> 00:37:06.410 You don't want to reveal to anyone

NOTE Confidence: 0.930555905

00:37:06.410 --> 00:37:09.406 that you may not be as brilliant

NOTE Confidence: 0.930555905

00:37:09.406 --> 00:37:11.440 as everybody thinks you are.

NOTE Confidence: 0.930555905

00:37:11.440 --> 00:37:15.864 Uhm, whereas of the North growth mindset,

NOTE Confidence: 0.930555905

00:37:15.870 --> 00:37:17.574 you know you actually want to

NOTE Confidence: 0.930555905

00:37:17.574 --> 00:37:19.789 just sort of jump in there and

NOTE Confidence: 0.930555905

00:37:19.789 --> 00:37:21.137 be challenged and succeed.

NOTE Confidence: 0.930555905

00:37:21.140 --> 00:37:25.748 And there was this, I think a great study.

NOTE Confidence: 0.930555905

00:37:25.750 --> 00:37:27.550 That was done a few years ago that

NOTE Confidence: 0.930555905

00:37:27.550 --> 00:37:29.569 cut that really looked at this and

NOTE Confidence: 0.930555905

00:37:29.569 --> 00:37:31.084 they they were little deceitful.

NOTE Confidence: 0.930555905

00:37:31.090 --> 00:37:32.242 So they went into these homes

NOTE Confidence: 0.930555905

00:37:32.242 --> 00:37:33.683 and they said that we were doing

NOTE Confidence: 0.930555905

00:37:33.683 --> 00:37:34.527 a quote language study.

NOTE Confidence: 0.930555905

00:37:34.530 --> 00:37:36.810 But what they're actually doing

NOTE Confidence: 0.930555905

00:37:36.810 --> 00:37:38.926 is just sort of categorizing  
NOTE Confidence: 0.930555905

00:37:38.926 --> 00:37:40.936 everything that parents and kids  
NOTE Confidence: 0.930555905

00:37:40.936 --> 00:37:43.617 said to each other and we're really  
NOTE Confidence: 0.930555905

00:37:43.617 --> 00:37:46.023 looking at praise and looking at  
NOTE Confidence: 0.930555905

00:37:46.023 --> 00:37:48.419 this how the different types of  
NOTE Confidence: 0.930555905

00:37:48.419 --> 00:37:50.259 praise might be related to.  
NOTE Confidence: 0.930555905

00:37:50.260 --> 00:37:50.982 Uhm?  
NOTE Confidence: 0.930555905

00:37:50.982 --> 00:37:53.148 You know motivation,  
NOTE Confidence: 0.930555905

00:37:53.148 --> 00:37:53.870 structure,  
NOTE Confidence: 0.930555905

00:37:53.870 --> 00:37:57.230 and academic academic achievement later on,  
NOTE Confidence: 0.930555905

00:37:57.230 --> 00:37:57.690 and II.  
NOTE Confidence: 0.930555905

00:37:57.690 --> 00:37:59.070 You know it's just an interesting  
NOTE Confidence: 0.930555905

00:37:59.070 --> 00:38:00.906 study on some of the basic statistics,  
NOTE Confidence: 0.930555905

00:38:00.910 --> 00:38:03.534 so it turns out that across the board  
NOTE Confidence: 0.930555905

00:38:03.534 --> 00:38:06.290 phrase was about 3% of what parents say,  
NOTE Confidence: 0.930555905

00:38:06.290 --> 00:38:08.998 but that there was actually huge differences

NOTE Confidence: 0.930555905

00:38:08.998 --> 00:38:12.342 in families on how much praise they utter.

NOTE Confidence: 0.930555905

00:38:12.350 --> 00:38:15.478 So you know the high praise families might

NOTE Confidence: 0.930555905

00:38:15.478 --> 00:38:19.083 save 16 times as much praise as as the low.

NOTE Confidence: 0.930555905

00:38:19.090 --> 00:38:19.972 The note,

NOTE Confidence: 0.930555905

00:38:19.972 --> 00:38:21.736 the low praise families.

NOTE Confidence: 0.900555206666667

00:38:21.740 --> 00:38:23.644 Parents tended to have a style of

NOTE Confidence: 0.900555206666667

00:38:23.644 --> 00:38:25.626 praise so that there were, you know,

NOTE Confidence: 0.900555206666667

00:38:25.626 --> 00:38:27.084 parents tended to use more person,

NOTE Confidence: 0.900555206666667

00:38:27.090 --> 00:38:28.994 praise, or process praise.

NOTE Confidence: 0.900555206666667

00:38:28.994 --> 00:38:30.782 But really, you know what we

NOTE Confidence: 0.900555206666667

00:38:30.782 --> 00:38:31.614 were really interested in.

NOTE Confidence: 0.900555206666667

00:38:31.620 --> 00:38:34.878 What they found was that more

NOTE Confidence: 0.900555206666667

00:38:34.878 --> 00:38:37.420 process praise was associated to.

NOTE Confidence: 0.900555206666667

00:38:37.420 --> 00:38:39.360 To like challenging tasks

NOTE Confidence: 0.900555206666667

00:38:39.360 --> 00:38:41.300 so like being pushed,

NOTE Confidence: 0.900555206666667

00:38:41.300 --> 00:38:43.300 and to have more of a growth mindset  
NOTE Confidence: 0.900555206666667

00:38:43.300 --> 00:38:45.177 to see success as something that  
NOTE Confidence: 0.900555206666667

00:38:45.177 --> 00:38:48.900 was real result of effort whereas.  
NOTE Confidence: 0.900555206666667

00:38:48.900 --> 00:38:52.262 Uhm? Kids who had more person  
NOTE Confidence: 0.900555206666667

00:38:52.262 --> 00:38:53.590 praise was the opposite,  
NOTE Confidence: 0.900555206666667

00:38:53.590 --> 00:38:54.990 and then when they followed these kids out,  
NOTE Confidence: 0.900555206666667

00:38:54.990 --> 00:38:56.154 even into kindergarten,  
NOTE Confidence: 0.900555206666667

00:38:56.154 --> 00:38:57.706 they're actually tended to  
NOTE Confidence: 0.900555206666667

00:38:57.706 --> 00:38:59.652 be differences in terms of  
NOTE Confidence: 0.900555206666667

00:38:59.652 --> 00:39:01.096 academic achievement as well.  
NOTE Confidence: 0.746232276666667

00:39:03.130 --> 00:39:06.738 Another study up and they used to a  
NOTE Confidence: 0.746232276666667

00:39:06.738 --> 00:39:09.410 design called across leg panel modeling.  
NOTE Confidence: 0.746232276666667

00:39:09.410 --> 00:39:10.910 That's that's pretty good  
NOTE Confidence: 0.746232276666667

00:39:10.910 --> 00:39:13.220 at at at cause and effect.  
NOTE Confidence: 0.746232276666667

00:39:13.220 --> 00:39:16.095 Also found that sort of  
NOTE Confidence: 0.746232276666667

00:39:16.095 --> 00:39:18.119 overpraise sort of overvaluing.

NOTE Confidence: 0.746232276666667  
00:39:18.119 --> 00:39:21.017 Empty inflated praise was related to  
NOTE Confidence: 0.746232276666667  
00:39:21.017 --> 00:39:24.230 kind of more child narcissistic traits,  
NOTE Confidence: 0.746232276666667  
00:39:24.230 --> 00:39:26.998 while self-esteem was really  
NOTE Confidence: 0.746232276666667  
00:39:26.998 --> 00:39:29.766 predicted by parental warmth.  
NOTE Confidence: 0.746232276666667  
00:39:29.770 --> 00:39:31.680 Another interesting component that I  
NOTE Confidence: 0.746232276666667  
00:39:31.680 --> 00:39:34.673 I think is worth talking about is they  
NOTE Confidence: 0.746232276666667  
00:39:34.673 --> 00:39:36.701 looked at sex differences and they  
NOTE Confidence: 0.746232276666667  
00:39:36.701 --> 00:39:38.986 found that boys tended to hear more,  
NOTE Confidence: 0.746232276666667  
00:39:38.990 --> 00:39:41.084 proportionately more processed  
NOTE Confidence: 0.746232276666667  
00:39:41.084 --> 00:39:43.178 praise than girls.  
NOTE Confidence: 0.746232276666667  
00:39:43.180 --> 00:39:45.616 And that also kids who tended to  
NOTE Confidence: 0.746232276666667  
00:39:45.616 --> 00:39:48.398 have lower and lower self esteem also  
NOTE Confidence: 0.746232276666667  
00:39:48.398 --> 00:39:50.888 tended to hear more person praise  
NOTE Confidence: 0.746232276666667  
00:39:50.890 --> 00:39:53.634 which then ended up sometimes sort of  
NOTE Confidence: 0.746232276666667  
00:39:53.634 --> 00:39:56.032 undermining and and leading to more  
NOTE Confidence: 0.746232276666667

00:39:56.032 --> 00:39:58.324 feelings of shame after a failure.  
NOTE Confidence: 0.746232276666667

00:39:58.330 --> 00:40:00.108 So these kids that we would love  
NOTE Confidence: 0.746232276666667

00:40:00.108 --> 00:40:02.142 to be able to just sort of help  
NOTE Confidence: 0.746232276666667

00:40:02.142 --> 00:40:04.074 them by saying the right thing.  
NOTE Confidence: 0.746232276666667

00:40:04.080 --> 00:40:07.122 It turns out that you know if you if  
NOTE Confidence: 0.746232276666667

00:40:07.122 --> 00:40:10.369 you offer praise that tends to be  
NOTE Confidence: 0.746232276666667

00:40:10.369 --> 00:40:12.780 unearned or inflated even with the best.  
NOTE Confidence: 0.746232276666667

00:40:12.780 --> 00:40:13.780 With intentions it can.  
NOTE Confidence: 0.746232276666667

00:40:13.780 --> 00:40:15.428 It can sometimes backfire.  
NOTE Confidence: 0.926158936666667

00:40:17.680 --> 00:40:19.312 And then another part about praise  
NOTE Confidence: 0.926158936666667

00:40:19.312 --> 00:40:21.379 that I think is really important,  
NOTE Confidence: 0.926158936666667

00:40:21.380 --> 00:40:24.020 is that sometimes you know we have to  
NOTE Confidence: 0.926158936666667

00:40:24.020 --> 00:40:26.300 be focusing not just on the praise,  
NOTE Confidence: 0.926158936666667

00:40:26.300 --> 00:40:27.960 but on the opposite.  
NOTE Confidence: 0.926158936666667

00:40:27.960 --> 00:40:30.180 And there is. You know,  
NOTE Confidence: 0.926158936666667

00:40:30.180 --> 00:40:33.650 some good evidence that you can really

NOTE Confidence: 0.926158936666667

00:40:33.650 --> 00:40:37.220 undo the positive effects of praise with,

NOTE Confidence: 0.926158936666667

00:40:37.220 --> 00:40:40.867 you, know, just a few really harsh

NOTE Confidence: 0.926158936666667

00:40:40.867 --> 00:40:42.430 negative kind comments.

NOTE Confidence: 0.926158936666667

00:40:42.430 --> 00:40:47.110 So you know you could utter 10 good jobs,

NOTE Confidence: 0.926158936666667

00:40:47.110 --> 00:40:48.888 but if you then say you know

NOTE Confidence: 0.926158936666667

00:40:48.888 --> 00:40:50.588 what's wrong with you when you're.

NOTE Confidence: 0.926158936666667

00:40:50.590 --> 00:40:52.210 When you're really upset that that

NOTE Confidence: 0.926158936666667

00:40:52.210 --> 00:40:53.970 can really undo a lot of that,

NOTE Confidence: 0.926158936666667

00:40:53.970 --> 00:40:56.665 and so for a lot of families,

NOTE Confidence: 0.926158936666667

00:40:56.670 --> 00:40:58.406 what we need to be doing is not

NOTE Confidence: 0.926158936666667

00:40:58.406 --> 00:41:00.104 only just talking about you know

NOTE Confidence: 0.926158936666667

00:41:00.104 --> 00:41:01.903 what types of praise can be useful,

NOTE Confidence: 0.926158936666667

00:41:01.910 --> 00:41:04.148 but also trying to help families.

NOTE Confidence: 0.926158936666667

00:41:04.150 --> 00:41:05.452 Do you know,

NOTE Confidence: 0.926158936666667

00:41:05.452 --> 00:41:08.106 avoid some of these really negative

NOTE Confidence: 0.926158936666667

00:41:08.106 --> 00:41:10.396 comments that that overtime can  
NOTE Confidence: 0.926158936666667

00:41:10.396 --> 00:41:13.788 really have a negative effect?  
NOTE Confidence: 0.926158936666667

00:41:13.790 --> 00:41:14.520 So overall,  
NOTE Confidence: 0.926158936666667

00:41:14.520 --> 00:41:18.040 I mean I think praise is a good thing.  
NOTE Confidence: 0.926158936666667

00:41:18.040 --> 00:41:20.440 I do worry that I do worry a  
NOTE Confidence: 0.926158936666667

00:41:20.440 --> 00:41:23.118 little bit about the sort of the  
NOTE Confidence: 0.926158936666667

00:41:23.118 --> 00:41:25.118 public idea that that overall,  
NOTE Confidence: 0.926158936666667

00:41:25.120 --> 00:41:28.600 we're running a appraise surplus with kids I,  
NOTE Confidence: 0.926158936666667

00:41:28.600 --> 00:41:30.665 but sometimes I wish we could just  
NOTE Confidence: 0.926158936666667

00:41:30.665 --> 00:41:33.400 kind of re distribute it a little bit.  
NOTE Confidence: 0.926158936666667

00:41:33.400 --> 00:41:33.976 There's still,  
NOTE Confidence: 0.926158936666667

00:41:33.976 --> 00:41:36.532 I think there's a lot of kids who probably  
NOTE Confidence: 0.926158936666667

00:41:36.532 --> 00:41:38.800 could hear a lot more praise in their lives,  
NOTE Confidence: 0.926158936666667

00:41:38.800 --> 00:41:41.808 and there may be some that are hearing  
NOTE Confidence: 0.926158936666667

00:41:41.808 --> 00:41:43.897 too much and it's much more of sort of.  
NOTE Confidence: 0.926158936666667

00:41:43.900 --> 00:41:44.692 And it depends.



NOTE Confidence: 0.926158936666667

00:41:44.692 --> 00:41:45.220 And again,

NOTE Confidence: 0.926158936666667

00:41:45.220 --> 00:41:46.879 it may be that the reason that

NOTE Confidence: 0.926158936666667

00:41:46.879 --> 00:41:48.190 there's a picture Will Smith.

NOTE Confidence: 0.926158936666667

00:41:48.190 --> 00:41:51.330 There is, you know again for the,

NOTE Confidence: 0.926158936666667

00:41:51.330 --> 00:41:52.926 for the parents who really struggled.

NOTE Confidence: 0.926158936666667

00:41:52.930 --> 00:41:54.506 So if you know the movie he was

NOTE Confidence: 0.926158936666667

00:41:54.506 --> 00:41:56.235 kind of a narcissistic guy and he

NOTE Confidence: 0.926158936666667

00:41:56.235 --> 00:41:57.930 could never tell but tell people.

NOTE Confidence: 0.926158936666667

00:41:57.930 --> 00:42:00.946 Good job and with some help he finally

NOTE Confidence: 0.926158936666667

00:42:00.946 --> 00:42:04.440 you know was able to start saying good

NOTE Confidence: 0.926158936666667

00:42:04.440 --> 00:42:07.190 things about other people and you know,

NOTE Confidence: 0.926158936666667

00:42:07.190 --> 00:42:08.936 I think that maybe you know

NOTE Confidence: 0.926158936666667

00:42:08.936 --> 00:42:10.214 the way that we sometimes want

NOTE Confidence: 0.926158936666667

00:42:10.214 --> 00:42:11.608 offer our guidance for parents.

NOTE Confidence: 0.926158936666667

00:42:11.610 --> 00:42:12.246 You just.

NOTE Confidence: 0.926158936666667

00:42:12.246 --> 00:42:14.472 You know, they really gravitate to this.  
NOTE Confidence: 0.926158936666667

00:42:14.480 --> 00:42:15.652 Oh no participation, trophies,  
NOTE Confidence: 0.926158936666667

00:42:15.652 --> 00:42:17.117 praise needs to be earned,  
NOTE Confidence: 0.926158936666667

00:42:17.120 --> 00:42:20.018 while those maybe the the families were.  
NOTE Confidence: 0.926158936666667

00:42:20.020 --> 00:42:21.360 They could use, you know,  
NOTE Confidence: 0.926158936666667

00:42:21.360 --> 00:42:22.816 a little bit more praise in their life.  
NOTE Confidence: 0.910039815

00:42:26.000 --> 00:42:27.505 So let me go to the third  
NOTE Confidence: 0.910039815

00:42:27.505 --> 00:42:28.150 area sleep training.  
NOTE Confidence: 0.910039815

00:42:28.150 --> 00:42:32.247 This has been a controversy forever and  
NOTE Confidence: 0.910039815

00:42:32.247 --> 00:42:34.536 by sleep training you know what we're  
NOTE Confidence: 0.910039815

00:42:34.536 --> 00:42:36.630 talking about are specific techniques  
NOTE Confidence: 0.910039815

00:42:36.630 --> 00:42:40.446 that people use to help infants.  
NOTE Confidence: 0.910039815

00:42:40.450 --> 00:42:42.378 Well, they say get sleep through the night.  
NOTE Confidence: 0.910039815

00:42:42.380 --> 00:42:44.210 Nobody actually sleeps through the night,  
NOTE Confidence: 0.910039815

00:42:44.210 --> 00:42:46.022 yeah, but what we're really talking  
NOTE Confidence: 0.910039815

00:42:46.022 --> 00:42:47.884 about is children being able that

NOTE Confidence: 0.910039815

00:42:47.884 --> 00:42:49.963 when they do have these little slight

NOTE Confidence: 0.910039815

00:42:49.963 --> 00:42:51.764 awakenings that we all have during the

NOTE Confidence: 0.910039815

00:42:51.764 --> 00:42:53.474 night that they can get themselves

NOTE Confidence: 0.910039815

00:42:53.474 --> 00:42:56.314 back to sleep rather than crying or

NOTE Confidence: 0.910039815

00:42:56.314 --> 00:42:59.410 needing to have a parent sued them.

NOTE Confidence: 0.910039815

00:42:59.410 --> 00:43:01.750 And this is a as as many of you know,

NOTE Confidence: 0.910039815

00:43:01.750 --> 00:43:03.314 it's very very common.

NOTE Confidence: 0.910039815

00:43:03.314 --> 00:43:05.660 Probably about half of intense struggle

NOTE Confidence: 0.910039815

00:43:05.730 --> 00:43:08.306 with staying asleep on their own and it's

NOTE Confidence: 0.910039815

00:43:08.306 --> 00:43:10.908 become an incredibly controversial area.

NOTE Confidence: 0.910039815

00:43:10.910 --> 00:43:13.853 For a long time, a lot of the advocacy

NOTE Confidence: 0.910039815

00:43:13.853 --> 00:43:16.598 was really against sleep training.

NOTE Confidence: 0.910039815

00:43:16.600 --> 00:43:19.390 You didn't see a lot of advocacy for it,

NOTE Confidence: 0.910039815

00:43:19.390 --> 00:43:22.113 but as some of the data regarding

NOTE Confidence: 0.910039815

00:43:22.113 --> 00:43:24.079 bed sharing and and SIDS,

NOTE Confidence: 0.910039815

00:43:24.080 --> 00:43:26.020 which is a complicated literature

NOTE Confidence: 0.910039815

00:43:26.020 --> 00:43:27.572 in and of itself.

NOTE Confidence: 0.910039815

00:43:27.580 --> 00:43:28.924 Started coming out.

NOTE Confidence: 0.910039815

00:43:28.924 --> 00:43:31.164 You've actually started to see

NOTE Confidence: 0.910039815

00:43:31.164 --> 00:43:33.535 pushback where advocates of of

NOTE Confidence: 0.910039815

00:43:33.535 --> 00:43:36.985 of not having infants share beds,

NOTE Confidence: 0.910039815

00:43:36.990 --> 00:43:39.204 and this was a very provocative

NOTE Confidence: 0.910039815

00:43:39.204 --> 00:43:41.390 public safety message from Wisconsin,

NOTE Confidence: 0.910039815

00:43:41.390 --> 00:43:43.772 where they are basically arguing that

NOTE Confidence: 0.910039815

00:43:43.772 --> 00:43:46.032 sleeping with your young infant is

NOTE Confidence: 0.910039815

00:43:46.032 --> 00:43:48.805 just like having them sleep next to

NOTE Confidence: 0.910039815

00:43:48.805 --> 00:43:51.410 a meat cleaver. But you know this is.

NOTE Confidence: 0.910039815

00:43:51.410 --> 00:43:53.558 You know why this has become

NOTE Confidence: 0.910039815

00:43:53.558 --> 00:43:54.990 a very contentious topic.

NOTE Confidence: 0.910039815

00:43:54.990 --> 00:43:55.754 Uhm, parents.

NOTE Confidence: 0.910039815

00:43:55.754 --> 00:43:58.428 Expect that when you have a baby,

NOTE Confidence: 0.910039815

00:43:58.430 --> 00:43:59.570 you're not going to sleep well.

NOTE Confidence: 0.910039815

00:43:59.570 --> 00:44:02.335 It's kind of a badge of honor.

NOTE Confidence: 0.910039815

00:44:02.340 --> 00:44:04.223 It's often sort of the first question

NOTE Confidence: 0.910039815

00:44:04.223 --> 00:44:06.157 that a lot of new parents get.

NOTE Confidence: 0.910039815

00:44:06.160 --> 00:44:08.316 Uhm, and people put up with it,

NOTE Confidence: 0.910039815

00:44:08.320 --> 00:44:11.014 but the literature really shows that

NOTE Confidence: 0.910039815

00:44:11.014 --> 00:44:14.070 that that fatigue is really no joke.

NOTE Confidence: 0.910039815

00:44:14.070 --> 00:44:16.980 That parental fatigue, you know,

NOTE Confidence: 0.910039815

00:44:16.980 --> 00:44:19.104 is related to depression.

NOTE Confidence: 0.910039815

00:44:19.104 --> 00:44:20.697 Feelings of burnouts,

NOTE Confidence: 0.910039815

00:44:20.700 --> 00:44:25.390 higher rates of accidents, and even you know.

NOTE Confidence: 0.910039815

00:44:25.390 --> 00:44:25.942 Parents feeling,

NOTE Confidence: 0.910039815

00:44:25.942 --> 00:44:26.494 you know,

NOTE Confidence: 0.910039815

00:44:26.494 --> 00:44:28.525 having a shorter fuse and and having

NOTE Confidence: 0.910039815

00:44:28.525 --> 00:44:30.130 more sort of punitive parenting.

NOTE Confidence: 0.902233193636364

00:44:32.150 --> 00:44:33.430 So a lot of people when they think  
NOTE Confidence: 0.902233193636364

00:44:33.430 --> 00:44:34.916 of sleep training, they think of  
NOTE Confidence: 0.902233193636364

00:44:34.916 --> 00:44:36.488 this guy which is Richard Ferber,  
NOTE Confidence: 0.902233193636364

00:44:36.490 --> 00:44:39.066 who was the former director of the Boston  
NOTE Confidence: 0.902233193636364

00:44:39.066 --> 00:44:40.768 Children Sleep Clinic and published  
NOTE Confidence: 0.902233193636364

00:44:40.768 --> 00:44:44.502 in 1985 a a book called, You Know,  
NOTE Confidence: 0.902233193636364

00:44:44.502 --> 00:44:46.457 Solve Your Child's Sleep Problems.  
NOTE Confidence: 0.902233193636364

00:44:46.460 --> 00:44:49.995 And here he basically advocated for using  
NOTE Confidence: 0.902233193636364

00:44:49.995 --> 00:44:53.199 a particular sleep training technique,  
NOTE Confidence: 0.902233193636364

00:44:53.200 --> 00:44:56.440 which many of you I'm sure know about  
NOTE Confidence: 0.902233193636364

00:44:56.440 --> 00:44:58.922 where where parents are encouraged  
NOTE Confidence: 0.902233193636364

00:44:58.922 --> 00:45:01.190 to wait progressively longer periods  
NOTE Confidence: 0.902233193636364

00:45:01.190 --> 00:45:04.060 of time before going in to comfort  
NOTE Confidence: 0.902233193636364

00:45:04.132 --> 00:45:06.004 their infants with the idea that  
NOTE Confidence: 0.902233193636364

00:45:06.004 --> 00:45:08.015 you know you do this technique  
NOTE Confidence: 0.902233193636364

00:45:08.015 --> 00:45:10.430 for a matter of days and children

NOTE Confidence: 0.902233193636364

00:45:10.430 --> 00:45:12.820 will learn to sleep on their own.

NOTE Confidence: 0.902233193636364

00:45:12.820 --> 00:45:15.352 This is he's become synonymous was

NOTE Confidence: 0.902233193636364

00:45:15.352 --> 00:45:18.149 with what's called the crying it out.

NOTE Confidence: 0.902233193636364

00:45:18.150 --> 00:45:20.022 This technique, which way?

NOTE Confidence: 0.902233193636364

00:45:20.022 --> 00:45:22.830 And it's a bit ironic because.

NOTE Confidence: 0.902233193636364

00:45:22.830 --> 00:45:23.754 Forever, never.

NOTE Confidence: 0.902233193636364

00:45:23.754 --> 00:45:26.064 Actually he doesn't advocate kids,

NOTE Confidence: 0.902233193636364

00:45:26.070 --> 00:45:28.452 just be you know parents ignoring

NOTE Confidence: 0.902233193636364

00:45:28.452 --> 00:45:30.730 kids until until infants sort of

NOTE Confidence: 0.902233193636364

00:45:30.730 --> 00:45:32.610 fall asleep out of exhaustion.

NOTE Confidence: 0.902233193636364

00:45:32.610 --> 00:45:35.988 He this this sort of progressive

NOTE Confidence: 0.902233193636364

00:45:35.990 --> 00:45:37.960 comforting at longer intervals was

NOTE Confidence: 0.902233193636364

00:45:37.960 --> 00:45:41.272 his way of sort of the kinder and

NOTE Confidence: 0.902233193636364

00:45:41.272 --> 00:45:43.455 gentler approach to the true crying

NOTE Confidence: 0.902233193636364

00:45:43.455 --> 00:45:45.590 it out which which was you know,

NOTE Confidence: 0.902233193636364

00:45:45.590 --> 00:45:47.734 often advocated before him.

NOTE Confidence: 0.902233193636364

00:45:47.734 --> 00:45:48.806 But nevertheless,

NOTE Confidence: 0.902233193636364

00:45:48.810 --> 00:45:50.310 you know that's how politics works,

NOTE Confidence: 0.902233193636364

00:45:50.310 --> 00:45:52.730 and he's been sort of.

NOTE Confidence: 0.902233193636364

00:45:52.730 --> 00:45:54.290 You know, associated with this,

NOTE Confidence: 0.902233193636364

00:45:54.290 --> 00:45:57.848 crying it out? There are some.

NOTE Confidence: 0.902233193636364

00:45:57.850 --> 00:45:58.717 Other techniques though,

NOTE Confidence: 0.902233193636364

00:45:58.717 --> 00:46:00.740 that I think a lot of people

NOTE Confidence: 0.902233193636364

00:46:00.798 --> 00:46:02.975 are not aware of that are also

NOTE Confidence: 0.902233193636364

00:46:02.975 --> 00:46:03.908 sleep training techniques.

NOTE Confidence: 0.902233193636364

00:46:03.910 --> 00:46:06.190 There's one that's called camping out,

NOTE Confidence: 0.902233193636364

00:46:06.190 --> 00:46:08.362 where instead of adjusting the time

NOTE Confidence: 0.902233193636364

00:46:08.362 --> 00:46:11.280 intervals of when you go comfort your child,

NOTE Confidence: 0.902233193636364

00:46:11.280 --> 00:46:14.050 you adjust your physical proximity.

NOTE Confidence: 0.902233193636364

00:46:14.050 --> 00:46:16.435 So for a few days you help your child.

NOTE Confidence: 0.902233193636364

00:46:16.440 --> 00:46:18.288 You're standing right by the crib,



NOTE Confidence: 0.902233193636364  
00:46:18.290 --> 00:46:19.370 then a few days you move  
NOTE Confidence: 0.902233193636364  
00:46:19.370 --> 00:46:20.529 to the middle of the room,  
NOTE Confidence: 0.902233193636364  
00:46:20.530 --> 00:46:22.427 then for a few days you moved  
NOTE Confidence: 0.902233193636364  
00:46:22.427 --> 00:46:23.790 halfway out the hallway.  
NOTE Confidence: 0.902233193636364  
00:46:23.790 --> 00:46:27.018 You know you slowly move away.  
NOTE Confidence: 0.902233193636364  
00:46:27.020 --> 00:46:28.804 There are other techniques.  
NOTE Confidence: 0.902233193636364  
00:46:28.804 --> 00:46:29.696 Out there,  
NOTE Confidence: 0.902233193636364  
00:46:29.700 --> 00:46:31.793 that and many of them don't involve  
NOTE Confidence: 0.902233193636364  
00:46:31.793 --> 00:46:34.167 any actual sort of prying it out that  
NOTE Confidence: 0.902233193636364  
00:46:34.167 --> 00:46:35.989 that people are less aware of it,  
NOTE Confidence: 0.902233193636364  
00:46:35.990 --> 00:46:38.734 but the the the Ferber isation technique  
NOTE Confidence: 0.902233193636364  
00:46:38.734 --> 00:46:41.248 is probably the most widely known,  
NOTE Confidence: 0.902233193636364  
00:46:41.250 --> 00:46:43.908 and it gets very heavily criticized.  
NOTE Confidence: 0.902233193636364  
00:46:43.910 --> 00:46:46.394 This is someone who also is one of my  
NOTE Confidence: 0.902233193636364  
00:46:46.394 --> 00:46:49.299 Co bloggers on Psychology Today and and,  
NOTE Confidence: 0.902233193636364

00:46:49.300 --> 00:46:51.520 and she writes blogs that this  
NOTE Confidence: 0.902233193636364

00:46:51.520 --> 00:46:53.796 is probably been viewed a million  
NOTE Confidence: 0.902233193636364

00:46:53.796 --> 00:46:55.956 times and she makes claims that.  
NOTE Confidence: 0.902233193636364

00:46:55.960 --> 00:46:57.420 That sleep training techniques  
NOTE Confidence: 0.902233193636364

00:46:57.420 --> 00:46:58.880 makes kids less telligent,  
NOTE Confidence: 0.902233193636364

00:46:58.880 --> 00:47:01.660 less healthy, more anxious.  
NOTE Confidence: 0.902233193636364

00:47:01.660 --> 00:47:05.135 Come and then she has.  
NOTE Confidence: 0.902233193636364

00:47:05.140 --> 00:47:07.639 Is citation so it looks very scientific,  
NOTE Confidence: 0.902233193636364

00:47:07.640 --> 00:47:09.840 but when you actually go to the citations,  
NOTE Confidence: 0.902233193636364

00:47:09.840 --> 00:47:10.970 none of them are actually  
NOTE Confidence: 0.902233193636364

00:47:10.970 --> 00:47:11.648 about sleep training.  
NOTE Confidence: 0.902233193636364

00:47:11.650 --> 00:47:12.352 In infants.  
NOTE Confidence: 0.902233193636364

00:47:12.352 --> 00:47:14.107 They're actually about like giving  
NOTE Confidence: 0.902233193636364

00:47:14.107 --> 00:47:16.177 monkeys cortisol to drink for a month,  
NOTE Confidence: 0.902233193636364

00:47:16.180 --> 00:47:19.442 or about the effects of of abuse.  
NOTE Confidence: 0.902233193636364

00:47:19.442 --> 00:47:23.318 You know, physical abuse and abandonment.

NOTE Confidence: 0.902233193636364  
00:47:23.320 --> 00:47:25.228 So you know it's a little,  
NOTE Confidence: 0.902233193636364  
00:47:25.230 --> 00:47:28.174 I think a little sneaky in terms of  
NOTE Confidence: 0.902233193636364  
00:47:28.174 --> 00:47:31.430 you know how the literature gets used.  
NOTE Confidence: 0.902233193636364  
00:47:31.430 --> 00:47:33.348 But when you actually look at people  
NOTE Confidence: 0.902233193636364  
00:47:33.348 --> 00:47:35.277 who have really tried to study this,  
NOTE Confidence: 0.902233193636364  
00:47:35.280 --> 00:47:38.016 so this is a meta analysis that was  
NOTE Confidence: 0.902233193636364  
00:47:38.016 --> 00:47:40.708 done about sleep training techniques.  
NOTE Confidence: 0.899646152  
00:47:40.710 --> 00:47:42.696 It was found out that they  
NOTE Confidence: 0.899646152  
00:47:42.696 --> 00:47:44.020 were overall quite effective.  
NOTE Confidence: 0.899646152  
00:47:44.020 --> 00:47:46.720 Uhm, but that one technique  
NOTE Confidence: 0.899646152  
00:47:46.720 --> 00:47:49.420 is not superior to others.  
NOTE Confidence: 0.899646152  
00:47:49.420 --> 00:47:52.270 Uhm, but there's very little influence.  
NOTE Confidence: 0.899646152  
00:47:52.270 --> 00:47:54.881 We're very little literature on the different  
NOTE Confidence: 0.899646152  
00:47:54.881 --> 00:47:57.164 types for different subpopulations, so.  
NOTE Confidence: 0.899646152  
00:47:57.164 --> 00:47:58.628 You know what do you do  
NOTE Confidence: 0.899646152

00:47:58.628 --> 00:48:00.220 if your kids more anxious?  
NOTE Confidence: 0.899646152

00:48:00.220 --> 00:48:01.277 What if you do with a kid  
NOTE Confidence: 0.899646152

00:48:01.277 --> 00:48:02.419 who has a trauma history?  
NOTE Confidence: 0.899646152

00:48:02.420 --> 00:48:04.464 What do you do if a kid  
NOTE Confidence: 0.899646152

00:48:04.464 --> 00:48:06.210 is like super energetic?  
NOTE Confidence: 0.899646152

00:48:06.210 --> 00:48:08.289 And there's also really no evidence this  
NOTE Confidence: 0.899646152

00:48:08.289 --> 00:48:10.350 was something Ferber said in his first book,  
NOTE Confidence: 0.899646152

00:48:10.350 --> 00:48:12.446 and then backed away from this claim that  
NOTE Confidence: 0.899646152

00:48:12.446 --> 00:48:14.990 if you don't use sleep training techniques,  
NOTE Confidence: 0.899646152

00:48:14.990 --> 00:48:17.102 your kids will never learn how to self  
NOTE Confidence: 0.899646152

00:48:17.102 --> 00:48:18.907 regulate or be able to self soothe.  
NOTE Confidence: 0.899646152

00:48:18.910 --> 00:48:20.970 They're actually really isn't  
NOTE Confidence: 0.899646152

00:48:20.970 --> 00:48:22.515 evidence for that.  
NOTE Confidence: 0.899646152

00:48:22.520 --> 00:48:25.322 And and and Ferber axe himself  
NOTE Confidence: 0.899646152

00:48:25.322 --> 00:48:27.700 actually backed away from this.  
NOTE Confidence: 0.899646152

00:48:27.700 --> 00:48:29.185 But what people really are

NOTE Confidence: 0.899646152

00:48:29.185 --> 00:48:30.670 interested in also is well.

NOTE Confidence: 0.899646152

00:48:30.670 --> 00:48:33.092 Or are there any long term negative

NOTE Confidence: 0.899646152

00:48:33.092 --> 00:48:34.940 effects and many of the studies

NOTE Confidence: 0.899646152

00:48:34.940 --> 00:48:36.858 that have looked at that and

NOTE Confidence: 0.899646152

00:48:36.858 --> 00:48:38.628 there's just a handful really.

NOTE Confidence: 0.899646152

00:48:38.630 --> 00:48:40.685 Have come from Australia and

NOTE Confidence: 0.899646152

00:48:40.685 --> 00:48:43.471 one study sort of had followed

NOTE Confidence: 0.899646152

00:48:43.471 --> 00:48:46.039 people at different intervals.

NOTE Confidence: 0.899646152

00:48:46.040 --> 00:48:48.884 They found that you know in the short term,

NOTE Confidence: 0.899646152

00:48:48.890 --> 00:48:50.766 so I think this was maybe around

NOTE Confidence: 0.899646152

00:48:50.766 --> 00:48:53.610 one year that the sleep training

NOTE Confidence: 0.899646152

00:48:53.610 --> 00:48:55.335 techniques were effective.

NOTE Confidence: 0.899646152

00:48:55.340 --> 00:48:57.538 And that both the child and the

NOTE Confidence: 0.899646152

00:48:57.538 --> 00:48:59.689 and the parents got better sleep.

NOTE Confidence: 0.899646152

00:48:59.690 --> 00:49:02.906 And moms had less depressive symptoms.

NOTE Confidence: 0.899646152

00:49:02.910 --> 00:49:04.760 And then when they followed  
NOTE Confidence: 0.899646152

00:49:04.760 --> 00:49:06.610 these kids at six years.  
NOTE Confidence: 0.899646152

00:49:06.610 --> 00:49:07.715 And looked at the kids  
NOTE Confidence: 0.899646152

00:49:07.715 --> 00:49:08.599 who had been randomized.  
NOTE Confidence: 0.899646152

00:49:08.600 --> 00:49:11.185 Half of this group were  
NOTE Confidence: 0.899646152

00:49:11.185 --> 00:49:13.253 randomized to learn sleep.  
NOTE Confidence: 0.899646152

00:49:13.260 --> 00:49:14.544 Sleep training techniques  
NOTE Confidence: 0.899646152

00:49:14.544 --> 00:49:16.256 and half weren't basically,  
NOTE Confidence: 0.899646152

00:49:16.260 --> 00:49:19.068 and then they followed these kids at age 6.  
NOTE Confidence: 0.899646152

00:49:19.070 --> 00:49:20.582 And they looked at everything you  
NOTE Confidence: 0.899646152

00:49:20.582 --> 00:49:22.518 could imagine. They did attachment.  
NOTE Confidence: 0.899646152

00:49:22.518 --> 00:49:25.104 Strange situation, cortisol levels,  
NOTE Confidence: 0.899646152

00:49:25.104 --> 00:49:26.738 locking box.  
NOTE Confidence: 0.899646152

00:49:26.740 --> 00:49:28.330 You know everything you could look  
NOTE Confidence: 0.899646152

00:49:28.330 --> 00:49:30.419 at and they could not find any  
NOTE Confidence: 0.899646152

00:49:30.419 --> 00:49:32.049 difference actually between the group

NOTE Confidence: 0.899646152

00:49:32.049 --> 00:49:33.721 that received the sleep training

NOTE Confidence: 0.899646152

00:49:33.721 --> 00:49:35.653 techniques and and things that didn't.

NOTE Confidence: 0.919852251428572

00:49:37.760 --> 00:49:40.105 So you know, putting it all together,

NOTE Confidence: 0.919852251428572

00:49:40.110 --> 00:49:43.022 uhm, you know what I will recommend to

NOTE Confidence: 0.919852251428572

00:49:43.022 --> 00:49:46.124 families is that I I it's really hard to

NOTE Confidence: 0.919852251428572

00:49:46.124 --> 00:49:48.640 argue that sleep training techniques,

NOTE Confidence: 0.919852251428572

00:49:48.640 --> 00:49:50.585 especially the ones that don't

NOTE Confidence: 0.919852251428572

00:49:50.585 --> 00:49:52.530 involve any crying it out,

NOTE Confidence: 0.919852251428572

00:49:52.530 --> 00:49:54.645 are linked to any kind of long term harms.

NOTE Confidence: 0.919852251428572

00:49:54.650 --> 00:49:55.866 But that being said,

NOTE Confidence: 0.919852251428572

00:49:55.866 --> 00:49:57.386 for kids who are particularly

NOTE Confidence: 0.919852251428572

00:49:57.386 --> 00:49:59.059 anxious or have trauma histories,

NOTE Confidence: 0.919852251428572

00:49:59.060 --> 00:50:01.878 I often will recommend that that that

NOTE Confidence: 0.919852251428572

00:50:01.878 --> 00:50:04.750 that parents try one of the other kinds

NOTE Confidence: 0.919852251428572

00:50:04.827 --> 00:50:07.742 of non crying it out techniques first.

NOTE Confidence: 0.919852251428572

00:50:07.742 --> 00:50:10.880 Uhm, and also considering, you know,  
NOTE Confidence: 0.919852251428572

00:50:10.880 --> 00:50:12.305 consider the parents temperament to.  
NOTE Confidence: 0.919852251428572

00:50:12.310 --> 00:50:14.510 I think there are some parents who feel  
NOTE Confidence: 0.919852251428572

00:50:14.510 --> 00:50:16.447 like they're doing something wrong if  
NOTE Confidence: 0.919852251428572

00:50:16.447 --> 00:50:18.445 they don't apply these techniques and.  
NOTE Confidence: 0.919852251428572

00:50:18.450 --> 00:50:19.824 Uhm, you know we don't really  
NOTE Confidence: 0.919852251428572

00:50:19.824 --> 00:50:21.110 have evidence of that either.  
NOTE Confidence: 0.919852251428572

00:50:21.110 --> 00:50:22.685 So certainly you have to be careful.  
NOTE Confidence: 0.919852251428572

00:50:22.690 --> 00:50:24.510 I think of the young infants and  
NOTE Confidence: 0.919852251428572

00:50:24.510 --> 00:50:26.510 and kids and and that literature,  
NOTE Confidence: 0.919852251428572

00:50:26.510 --> 00:50:29.516 but if you're talking about toddlers,  
NOTE Confidence: 0.919852251428572

00:50:29.520 --> 00:50:29.920 you know.  
NOTE Confidence: 0.919852251428572

00:50:29.920 --> 00:50:31.320 And I think we can give permission  
NOTE Confidence: 0.919852251428572

00:50:31.320 --> 00:50:32.080 to families to.  
NOTE Confidence: 0.919852251428572

00:50:32.080 --> 00:50:34.691 Do you know what they want if  
NOTE Confidence: 0.919852251428572

00:50:34.691 --> 00:50:36.370 they're comfortable with it and.



NOTE Confidence: 0.919852251428572  
00:50:36.370 --> 00:50:37.410 They're comfortable either letting  
NOTE Confidence: 0.919852251428572  
00:50:37.410 --> 00:50:39.210 them keep their going into the room,  
NOTE Confidence: 0.919852251428572  
00:50:39.210 --> 00:50:40.986 or having the kids come into the bed,  
NOTE Confidence: 0.919852251428572  
00:50:40.990 --> 00:50:42.790 which happens quite a bit,  
NOTE Confidence: 0.919852251428572  
00:50:42.790 --> 00:50:44.338 you know, I I,  
NOTE Confidence: 0.919852251428572  
00:50:44.338 --> 00:50:47.729 I think sometimes we have bigger fish to fry.  
NOTE Confidence: 0.919852251428572  
00:50:47.730 --> 00:50:48.730 For the last couple things,  
NOTE Confidence: 0.919852251428572  
00:50:48.730 --> 00:50:51.684 I'll just sort of say is just that was  
NOTE Confidence: 0.919852251428572  
00:50:51.684 --> 00:50:53.850 just to hopefully give you a little bit  
NOTE Confidence: 0.919852251428572  
00:50:53.850 --> 00:50:55.965 of a flavor of of of the science behind  
NOTE Confidence: 0.919852251428572  
00:50:56.022 --> 00:50:58.097 some of these parenting controversies.  
NOTE Confidence: 0.919852251428572  
00:50:58.100 --> 00:50:58.412 You know,  
NOTE Confidence: 0.919852251428572  
00:50:58.412 --> 00:50:58.880 how do we?  
NOTE Confidence: 0.919852251428572  
00:50:58.880 --> 00:51:00.038 How do we talk about this?  
NOTE Confidence: 0.919852251428572  
00:51:00.040 --> 00:51:01.198 How do we engage 'cause I?  
NOTE Confidence: 0.919852251428572

00:51:01.200 --> 00:51:03.152 I think one of my take home messages  
NOTE Confidence: 0.919852251428572

00:51:03.152 --> 00:51:05.240 that I I I think we as clinicians,  
NOTE Confidence: 0.919852251428572

00:51:05.240 --> 00:51:07.175 because parents are so confused  
NOTE Confidence: 0.919852251428572

00:51:07.175 --> 00:51:09.254 because there's so much disinformation,  
NOTE Confidence: 0.919852251428572

00:51:09.254 --> 00:51:10.826 misinformation out there.  
NOTE Confidence: 0.919852251428572

00:51:10.826 --> 00:51:13.446 I think it's really important  
NOTE Confidence: 0.919852251428572

00:51:13.446 --> 00:51:15.984 to engage families about about  
NOTE Confidence: 0.919852251428572

00:51:15.984 --> 00:51:17.346 parenting techniques and.  
NOTE Confidence: 0.919852251428572

00:51:17.346 --> 00:51:21.380 In a way that helps them feel supported and  
NOTE Confidence: 0.919852251428572

00:51:21.380 --> 00:51:24.980 not blamed and so some techniques that are,  
NOTE Confidence: 0.919852251428572

00:51:24.980 --> 00:51:25.582 you know,  
NOTE Confidence: 0.919852251428572

00:51:25.582 --> 00:51:27.087 things that I often talk  
NOTE Confidence: 0.919852251428572

00:51:27.087 --> 00:51:28.698 about is change is slow.  
NOTE Confidence: 0.919852251428572

00:51:28.698 --> 00:51:31.050 I sometimes use the analogy of an  
NOTE Confidence: 0.919852251428572

00:51:31.126 --> 00:51:33.184 ocean liner turning very slowly and  
NOTE Confidence: 0.919852251428572

00:51:33.184 --> 00:51:35.729 you know a lot of forces apply,

NOTE Confidence: 0.919852251428572

00:51:35.730 --> 00:51:38.286 but it doesn't seem like the boats

NOTE Confidence: 0.919852251428572

00:51:38.286 --> 00:51:40.554 moving anywhere but but slowly over

NOTE Confidence: 0.919852251428572

00:51:40.554 --> 00:51:42.960 time it does about choosing your

NOTE Confidence: 0.919852251428572

00:51:42.960 --> 00:51:44.250 battles and picking,

NOTE Confidence: 0.919852251428572

00:51:44.250 --> 00:51:48.540 picking things that are higher priority.

NOTE Confidence: 0.919852251428572

00:51:48.540 --> 00:51:52.026 Uhm, you know setting realistic goals.

NOTE Confidence: 0.919852251428572

00:51:52.030 --> 00:51:53.438 And just you know,

NOTE Confidence: 0.919852251428572

00:51:53.438 --> 00:51:56.360 and and and the importance of of warmth.

NOTE Confidence: 0.919852251428572

00:51:56.360 --> 00:51:57.014 Uhm, I could.

NOTE Confidence: 0.919852251428572

00:51:57.014 --> 00:51:58.870 I could do a whole talk on this,

NOTE Confidence: 0.919852251428572

00:51:58.870 --> 00:52:00.280 but you know,

NOTE Confidence: 0.919852251428572

00:52:00.280 --> 00:52:02.160 you read the literature.

NOTE Confidence: 0.919852251428572

00:52:02.160 --> 00:52:05.079 You know the importance of parental warmth,

NOTE Confidence: 0.919852251428572

00:52:05.080 --> 00:52:07.270 that positive energy that support.

NOTE Confidence: 0.905722515294118

00:52:09.350 --> 00:52:11.359 It's just kind of not going to

NOTE Confidence: 0.905722515294118

00:52:11.359 --> 00:52:13.690 the dark side and getting that  
NOTE Confidence: 0.905722515294118

00:52:13.690 --> 00:52:15.554 negative irritable reactive mode.  
NOTE Confidence: 0.905722515294118

00:52:15.560 --> 00:52:16.982 It just seems so important and  
NOTE Confidence: 0.905722515294118

00:52:16.982 --> 00:52:18.690 I was just so many studies.  
NOTE Confidence: 0.905722515294118

00:52:18.690 --> 00:52:20.517 It's just they just keep coming up  
NOTE Confidence: 0.905722515294118

00:52:20.517 --> 00:52:21.776 showing how important warmth is  
NOTE Confidence: 0.905722515294118

00:52:21.776 --> 00:52:23.456 and I used to kind of dismiss that.  
NOTE Confidence: 0.905722515294118

00:52:23.460 --> 00:52:24.770 Like Oh yeah, yeah yeah.  
NOTE Confidence: 0.905722515294118

00:52:24.770 --> 00:52:26.654 Workflow 4th, I don't dismiss that  
NOTE Confidence: 0.905722515294118

00:52:26.654 --> 00:52:29.600 anymore and I and I think that that's really.  
NOTE Confidence: 0.905722515294118

00:52:29.600 --> 00:52:31.350 One of the reasons why it's important  
NOTE Confidence: 0.905722515294118

00:52:31.350 --> 00:52:33.213 for for parents to be able to pay  
NOTE Confidence: 0.905722515294118

00:52:33.213 --> 00:52:34.582 attention to their own well being  
NOTE Confidence: 0.905722515294118

00:52:34.582 --> 00:52:36.112 their own mental health just so  
NOTE Confidence: 0.905722515294118

00:52:36.112 --> 00:52:39.388 they have enough gas in the tank.  
NOTE Confidence: 0.905722515294118

00:52:39.390 --> 00:52:42.561 You know, when they're you know when

NOTE Confidence: 0.905722515294118  
00:52:42.561 --> 00:52:44.600 they're parenting their kids so.  
NOTE Confidence: 0.905722515294118  
00:52:44.600 --> 00:52:46.128 Parenting discussions are hard.  
NOTE Confidence: 0.905722515294118  
00:52:46.128 --> 00:52:48.852 I think a lot of parents already  
NOTE Confidence: 0.905722515294118  
00:52:48.852 --> 00:52:51.337 come to us feeling blamed and guilty  
NOTE Confidence: 0.905722515294118  
00:52:51.337 --> 00:52:54.289 and can quickly get defensive and.  
NOTE Confidence: 0.919480456666667  
00:52:56.400 --> 00:52:59.568 You know the way that I've I've kind of  
NOTE Confidence: 0.919480456666667  
00:52:59.568 --> 00:53:02.323 learned to try to to help with this is.  
NOTE Confidence: 0.919480456666667  
00:53:02.330 --> 00:53:03.890 Is to not have this sort of old.  
NOTE Confidence: 0.919480456666667  
00:53:03.890 --> 00:53:05.990 You know your child is messed up  
NOTE Confidence: 0.919480456666667  
00:53:05.990 --> 00:53:08.104 because you screwed up and you know  
NOTE Confidence: 0.919480456666667  
00:53:08.104 --> 00:53:09.832 that's just gonna turn people off.  
NOTE Confidence: 0.919480456666667  
00:53:09.840 --> 00:53:11.484 It's probably not true.  
NOTE Confidence: 0.919480456666667  
00:53:11.484 --> 00:53:14.310 It's and instead really talk about fit.  
NOTE Confidence: 0.919480456666667  
00:53:14.310 --> 00:53:16.389 And and talk about what is your,  
NOTE Confidence: 0.919480456666667  
00:53:16.390 --> 00:53:18.166 what is the child pull out in you  
NOTE Confidence: 0.919480456666667

00:53:18.166 --> 00:53:20.138 and how are you responding to that?  
NOTE Confidence: 0.919480456666667

00:53:20.140 --> 00:53:20.836 I have a picture.  
NOTE Confidence: 0.919480456666667

00:53:20.836 --> 00:53:22.619 This used to be a picture of Vermont mount.  
NOTE Confidence: 0.919480456666667

00:53:22.620 --> 00:53:25.788 Now it's an Oregon mountain but I  
NOTE Confidence: 0.919480456666667

00:53:25.788 --> 00:53:28.332 II sometimes say that kids just  
NOTE Confidence: 0.919480456666667

00:53:28.332 --> 00:53:30.595 like like big mountains are capable  
NOTE Confidence: 0.919480456666667

00:53:30.595 --> 00:53:32.430 of generating their own weather.  
NOTE Confidence: 0.919480456666667

00:53:32.430 --> 00:53:34.570 And So what we really have to be able to do,  
NOTE Confidence: 0.919480456666667

00:53:34.570 --> 00:53:35.242 is it?  
NOTE Confidence: 0.919480456666667

00:53:35.242 --> 00:53:37.930 It might be very natural for a parent  
NOTE Confidence: 0.919480456666667

00:53:38.013 --> 00:53:40.687 to respond in a more irritable way.  
NOTE Confidence: 0.919480456666667

00:53:40.690 --> 00:53:43.466 But that that may not be the best  
NOTE Confidence: 0.919480456666667

00:53:43.466 --> 00:53:46.166 response and we have to help families  
NOTE Confidence: 0.919480456666667

00:53:46.166 --> 00:53:49.270 kind of override this order often use  
NOTE Confidence: 0.919480456666667

00:53:49.270 --> 00:53:52.180 overrides kind of the natural tendency.  
NOTE Confidence: 0.919480456666667

00:53:52.180 --> 00:53:55.135 I often like in my opening sessions,

NOTE Confidence: 0.919480456666667  
00:53:55.135 --> 00:53:57.390 I asked parents, you know, I said,  
NOTE Confidence: 0.919480456666667  
00:53:57.390 --> 00:53:58.380 what are you most proud of?  
NOTE Confidence: 0.919480456666667  
00:53:58.380 --> 00:53:59.538 Talk about parenting for a minute.  
NOTE Confidence: 0.919480456666667  
00:53:59.540 --> 00:54:01.844 What are you most proud of as a parent  
NOTE Confidence: 0.919480456666667  
00:54:01.844 --> 00:54:04.116 and what are your bigger challenges?  
NOTE Confidence: 0.919480456666667  
00:54:04.120 --> 00:54:05.744 And when you ask the question that way,  
NOTE Confidence: 0.919480456666667  
00:54:05.750 --> 00:54:07.605 a lot of questions have an assumption  
NOTE Confidence: 0.919480456666667  
00:54:07.605 --> 00:54:09.304 built into them and the assumption  
NOTE Confidence: 0.919480456666667  
00:54:09.304 --> 00:54:11.002 built into that question is that  
NOTE Confidence: 0.919480456666667  
00:54:11.010 --> 00:54:12.970 everybody is doing some things well and  
NOTE Confidence: 0.919480456666667  
00:54:12.970 --> 00:54:14.478 everybody is struggling in some areas.  
NOTE Confidence: 0.919480456666667  
00:54:14.480 --> 00:54:15.720 And let's talk about it.  
NOTE Confidence: 0.919480456666667  
00:54:15.720 --> 00:54:17.598 Let's get that out of there.  
NOTE Confidence: 0.919480456666667  
00:54:17.600 --> 00:54:19.160 And let's and let's just talk about it  
NOTE Confidence: 0.919480456666667  
00:54:19.160 --> 00:54:21.055 a lot and and and I found that question  
NOTE Confidence: 0.919480456666667

00:54:21.055 --> 00:54:23.017 would be very helpful and parents will say,  
NOTE Confidence: 0.919480456666667

00:54:23.020 --> 00:54:23.270 well,  
NOTE Confidence: 0.919480456666667

00:54:23.270 --> 00:54:24.520 I'm really good at it,  
NOTE Confidence: 0.919480456666667

00:54:24.520 --> 00:54:26.823 but I struggle here and and it  
NOTE Confidence: 0.919480456666667

00:54:26.823 --> 00:54:29.682 it just it opens things up for  
NOTE Confidence: 0.919480456666667

00:54:29.682 --> 00:54:31.912 like or discussion from there.  
NOTE Confidence: 0.919480456666667

00:54:31.920 --> 00:54:32.787 For finishing up,  
NOTE Confidence: 0.919480456666667

00:54:32.787 --> 00:54:34.810 I know we're out of time here.  
NOTE Confidence: 0.919480456666667

00:54:34.810 --> 00:54:36.565 And I know I covered a lot of ground,  
NOTE Confidence: 0.919480456666667

00:54:36.570 --> 00:54:38.952 but I think the summary points  
NOTE Confidence: 0.919480456666667

00:54:38.952 --> 00:54:40.920 are that as much as we would  
NOTE Confidence: 0.919480456666667

00:54:40.920 --> 00:54:42.760 like them to be the the quick,  
NOTE Confidence: 0.919480456666667

00:54:42.760 --> 00:54:43.550 you know,  
NOTE Confidence: 0.919480456666667

00:54:43.550 --> 00:54:46.574 do this for every kid kind of parenting  
NOTE Confidence: 0.919480456666667

00:54:46.574 --> 00:54:49.010 approach really is not going to be  
NOTE Confidence: 0.919480456666667

00:54:49.082 --> 00:54:51.158 productive for a lot of people.



NOTE Confidence: 0.919480456666667  
00:54:51.160 --> 00:54:52.791 You know we do best when we  
NOTE Confidence: 0.919480456666667  
00:54:52.791 --> 00:54:54.607 try to encourage parents to be  
NOTE Confidence: 0.919480456666667  
00:54:54.607 --> 00:54:55.666 thoughtful and deliberate,  
NOTE Confidence: 0.919480456666667  
00:54:55.670 --> 00:54:57.446 to be kind of like little  
NOTE Confidence: 0.919480456666667  
00:54:57.446 --> 00:54:58.630 scientists in some ways.  
NOTE Confidence: 0.919480456666667  
00:54:58.630 --> 00:55:00.928 But we have to appreciate the  
NOTE Confidence: 0.919480456666667  
00:55:00.928 --> 00:55:03.325 variability in that the one size  
NOTE Confidence: 0.919480456666667  
00:55:03.325 --> 00:55:05.290 fits all doesn't really work.  
NOTE Confidence: 0.919480456666667  
00:55:05.290 --> 00:55:07.200 I also just like to mention that there is a  
NOTE Confidence: 0.919480456666667  
00:55:07.247 --> 00:55:09.067 lot of science out there about parenting.  
NOTE Confidence: 0.919480456666667  
00:55:09.070 --> 00:55:11.770 It's worth understanding.  
NOTE Confidence: 0.919480456666667  
00:55:11.770 --> 00:55:13.638 But it's it's difficult.  
NOTE Confidence: 0.919480456666667  
00:55:13.638 --> 00:55:15.506 It's often inconclusive and  
NOTE Confidence: 0.919480456666667  
00:55:15.506 --> 00:55:17.430 sometimes outright contradictory,  
NOTE Confidence: 0.919480456666667  
00:55:17.430 --> 00:55:19.560 so it's not the easiest literature  
NOTE Confidence: 0.919480456666667

00:55:19.560 --> 00:55:20.625 to work with.  
NOTE Confidence: 0.919480456666667

00:55:20.630 --> 00:55:22.634 Uhm, but you know,  
NOTE Confidence: 0.919480456666667

00:55:22.634 --> 00:55:24.137 just like a,  
NOTE Confidence: 0.919480456666667

00:55:24.140 --> 00:55:25.720 just like with parents you  
NOTE Confidence: 0.919480456666667

00:55:25.720 --> 00:55:26.984 know understanding it all.  
NOTE Confidence: 0.919480456666667

00:55:26.990 --> 00:55:29.114 Being perfect is route is is  
NOTE Confidence: 0.919480456666667

00:55:29.114 --> 00:55:30.530 neither an achievable goal.  
NOTE Confidence: 0.919480456666667

00:55:30.530 --> 00:55:32.987 It's probably not even a desirable goal.  
NOTE Confidence: 0.919480456666667

00:55:32.990 --> 00:55:36.840 And that a lot of parents can really do well  
NOTE Confidence: 0.903828659166667

00:55:36.932 --> 00:55:38.899 when they admit their mistakes.  
NOTE Confidence: 0.903828659166667

00:55:38.899 --> 00:55:40.078 Try something different.  
NOTE Confidence: 0.903828659166667

00:55:40.080 --> 00:55:41.212 Acknowledge that.  
NOTE Confidence: 0.903828659166667

00:55:41.212 --> 00:55:43.476 Show flexibility and model  
NOTE Confidence: 0.903828659166667

00:55:43.476 --> 00:55:46.658 that for their kids so you  
NOTE Confidence: 0.903828659166667

00:55:46.658 --> 00:55:48.876 know perfection is is is not,  
NOTE Confidence: 0.903828659166667

00:55:48.876 --> 00:55:50.857 is not what we're going for here,

NOTE Confidence: 0.903828659166667  
00:55:50.860 --> 00:55:52.176 but just you know,  
NOTE Confidence: 0.903828659166667  
00:55:52.176 --> 00:55:53.821 a less reactive kind of  
NOTE Confidence: 0.903828659166667  
00:55:53.821 --> 00:55:55.410 more deliberate style.  
NOTE Confidence: 0.8985618  
00:55:57.760 --> 00:55:59.880 So I will stop there and happy to  
NOTE Confidence: 0.8985618  
00:55:59.880 --> 00:56:01.708 entertain any questions or comments.  
NOTE Confidence: 0.93368552  
00:56:03.430 --> 00:56:04.480 Thank you so much Dave.  
NOTE Confidence: 0.93368552  
00:56:04.480 --> 00:56:06.225 Would you mind just stopping  
NOTE Confidence: 0.93368552  
00:56:06.225 --> 00:56:08.529 your share so that we can see  
NOTE Confidence: 0.93368552  
00:56:08.530 --> 00:56:11.368 the friendly faces of the crowd?  
NOTE Confidence: 0.93368552  
00:56:11.370 --> 00:56:17.448 Yep. OK, uhm any questions.  
NOTE Confidence: 0.93368552  
00:56:17.450 --> 00:56:20.750 I just saw Carla Horowitz,  
NOTE Confidence: 0.93368552  
00:56:20.750 --> 00:56:23.798 who knows a lot about parenting.  
NOTE Confidence: 0.93368552  
00:56:23.800 --> 00:56:27.360 Carla can I put you on the spot?  
NOTE Confidence: 0.93368552  
00:56:27.360 --> 00:56:29.712 Carla taught me everything I know  
NOTE Confidence: 0.93368552  
00:56:29.712 --> 00:56:31.259 about parenting, so you know,  
NOTE Confidence: 0.93368552

00:56:31.259 --> 00:56:33.350 this is like two Titans of parenting here.

NOTE Confidence: 0.083589494

00:56:35.210 --> 00:56:40.782 Uhm, what? What I heard was nuanced

NOTE Confidence: 0.083589494

00:56:40.782 --> 00:56:44.414 and complex and really did bring in

NOTE Confidence: 0.083589494

00:56:44.414 --> 00:56:48.224 a lot of what we think about when we

NOTE Confidence: 0.083589494

00:56:48.224 --> 00:56:51.416 try and help parents or be parents.

NOTE Confidence: 0.083589494

00:56:51.420 --> 00:56:54.738 So I you know I I.

NOTE Confidence: 0.083589494

00:56:54.740 --> 00:56:56.486 You didn't hit anybody over the

NOTE Confidence: 0.083589494

00:56:56.486 --> 00:56:58.326 head with anything you you actually

NOTE Confidence: 0.083589494

00:56:58.326 --> 00:56:59.866 really had a broad expanse,

NOTE Confidence: 0.083589494

00:56:59.870 --> 00:57:02.677 and I think all of that information is

NOTE Confidence: 0.083589494

00:57:02.677 --> 00:57:06.573 really helpful, said in a non judgmental way.

NOTE Confidence: 0.083589494

00:57:06.580 --> 00:57:10.415 But everybody has their own taken

NOTE Confidence: 0.083589494

00:57:10.415 --> 00:57:12.070 their own vulnerabilities when

NOTE Confidence: 0.083589494

00:57:12.070 --> 00:57:14.110 it comes to their own kids,

NOTE Confidence: 0.083589494

00:57:14.110 --> 00:57:15.568 including those of us who are

NOTE Confidence: 0.083589494

00:57:15.568 --> 00:57:17.080 supposed to be parenting experience.

NOTE Confidence: 0.91470203

00:57:18.710 --> 00:57:22.080 Yes, I say all the time that being a child

NOTE Confidence: 0.91470203

00:57:22.166 --> 00:57:24.960 psychiatrist that doesn't make me immune.

NOTE Confidence: 0.91470203

00:57:24.960 --> 00:57:26.808 I make all the mistakes in the book.

NOTE Confidence: 0.91470203

00:57:26.810 --> 00:57:28.574 I'm just more aware of those mistakes.

NOTE Confidence: 0.83923035875

00:57:34.030 --> 00:57:35.950 We have time for a couple more questions.

NOTE Confidence: 0.83923035875

00:57:35.950 --> 00:57:37.910 I know Amanda, I don't see you,

NOTE Confidence: 0.83923035875

00:57:37.910 --> 00:57:39.638 but I see you're right and go for diamond.

NOTE Confidence: 0.590465376

00:57:40.430 --> 00:57:43.504 I am I'm Amanda Detmer, thanks so much

NOTE Confidence: 0.590465376

00:57:43.504 --> 00:57:45.216 for really fascinating presentation.

NOTE Confidence: 0.590465376

00:57:45.220 --> 00:57:47.812 Uhm, so I'm a comparative psychologist

NOTE Confidence: 0.590465376

00:57:47.812 --> 00:57:50.190 and behavioral neuro scientist, and I

NOTE Confidence: 0.590465376

00:57:50.190 --> 00:57:52.140 actually study monkey models of parenting,

NOTE Confidence: 0.590465376

00:57:52.140 --> 00:57:57.447 and I always interested in what we can

NOTE Confidence: 0.590465376

00:57:57.447 --> 00:58:00.984 learn from evolutionary forces, right?

NOTE Confidence: 0.590465376

00:58:00.984 --> 00:58:04.676 And so, and I'm also a parent of two kids,

NOTE Confidence: 0.590465376

00:58:04.680 --> 00:58:06.575 and especially I know how  
NOTE Confidence: 0.590465376

00:58:06.575 --> 00:58:08.470 controversial the sleep training is.  
NOTE Confidence: 0.590465376

00:58:08.470 --> 00:58:10.612 And, you know, I really like just on the.  
NOTE Confidence: 0.590465376

00:58:10.620 --> 00:58:11.940 Other side of coming out  
NOTE Confidence: 0.590465376

00:58:11.940 --> 00:58:13.260 of that with young kids,  
NOTE Confidence: 0.590465376

00:58:13.260 --> 00:58:16.248 but I I guess my question is like how  
NOTE Confidence: 0.590465376

00:58:16.248 --> 00:58:19.019 often are a comparative comparative  
NOTE Confidence: 0.590465376

00:58:19.019 --> 00:58:21.375 science discussed with parents?  
NOTE Confidence: 0.590465376

00:58:21.380 --> 00:58:24.068 You know, for example?  
NOTE Confidence: 0.590465376

00:58:24.070 --> 00:58:26.247 Do parents ever hear like it's really?  
NOTE Confidence: 0.590465376

00:58:26.250 --> 00:58:28.599 I'm really hard pressed to think of a mammal.  
NOTE Confidence: 0.590465376

00:58:28.600 --> 00:58:30.854 Any mammal that parks its infant in  
NOTE Confidence: 0.590465376

00:58:30.854 --> 00:58:33.428 another room to sleep alone at night and  
NOTE Confidence: 0.590465376

00:58:33.428 --> 00:58:35.844 so that it's actually an adaptive thing  
NOTE Confidence: 0.590465376

00:58:35.844 --> 00:58:38.256 that infants are disrupted at night.  
NOTE Confidence: 0.590465376

00:58:38.260 --> 00:58:41.204 Or, you know, waking up at night and

NOTE Confidence: 0.590465376

00:58:41.204 --> 00:58:43.150 and then I kind of related to that.

NOTE Confidence: 0.590465376

00:58:43.150 --> 00:58:44.986 I'm curious what you think of

NOTE Confidence: 0.590465376

00:58:44.986 --> 00:58:46.810 the science of breast sleeping?

NOTE Confidence: 0.590465376

00:58:46.810 --> 00:58:47.960 You know James Mckenna's work

NOTE Confidence: 0.590465376

00:58:47.960 --> 00:58:48.880 out of Notre Dame?

NOTE Confidence: 0.590465376

00:58:48.880 --> 00:58:50.674 It's really systematic,

NOTE Confidence: 0.590465376

00:58:50.674 --> 00:58:54.262 really thoughtful work on the physiological.

NOTE Confidence: 0.590465376

00:58:54.270 --> 00:58:56.165 And psychological benefits of of

NOTE Confidence: 0.590465376

00:58:56.165 --> 00:58:58.060 what he terms breast sleeping.

NOTE Confidence: 0.93933084375

00:59:00.540 --> 00:59:02.236 Yeah, I I have to say I don't.

NOTE Confidence: 0.93933084375

00:59:02.240 --> 00:59:04.336 I don't know. I know that literature 10.

NOTE Confidence: 0.93933084375

00:59:04.340 --> 00:59:06.300 I mean one of the chapters in my

NOTE Confidence: 0.93933084375

00:59:06.300 --> 00:59:07.934 book was about breastfeeding in

NOTE Confidence: 0.93933084375

00:59:07.934 --> 00:59:10.447 general and its links to behavior and

NOTE Confidence: 0.93933084375

00:59:10.513 --> 00:59:12.968 intelligence and that controversial area.

NOTE Confidence: 0.93933084375

00:59:12.970 --> 00:59:14.680 Breast sleeping sounds like a little  
NOTE Confidence: 0.93933084375

00:59:14.680 --> 00:59:17.436 a subdivision of that, so I can't say.  
NOTE Confidence: 0.93933084375

00:59:17.436 --> 00:59:19.860 I know and I I'd love.  
NOTE Confidence: 0.93933084375

00:59:19.860 --> 00:59:20.732 I'm gonna have to.  
NOTE Confidence: 0.93933084375

00:59:20.732 --> 00:59:22.330 I'd love to read more about this.  
NOTE Confidence: 0.93933084375

00:59:22.330 --> 00:59:23.407 The animal literature.  
NOTE Confidence: 0.93933084375

00:59:23.407 --> 00:59:25.561 I've seen some things about dogs  
NOTE Confidence: 0.93933084375

00:59:25.561 --> 00:59:27.492 and parenting styles about dogs  
NOTE Confidence: 0.93933084375

00:59:27.492 --> 00:59:29.754 that I think would be interesting.  
NOTE Confidence: 0.93933084375

00:59:29.760 --> 00:59:31.458 And uh, but I'd be fascinated  
NOTE Confidence: 0.93933084375

00:59:31.458 --> 00:59:33.665 to learn more how it works with  
NOTE Confidence: 0.93933084375

00:59:33.665 --> 00:59:35.009 the primates and monkeys.  
NOTE Confidence: 0.91773111375

00:59:39.700 --> 00:59:42.660 We have time for maybe one final question.  
NOTE Confidence: 0.91773111375

00:59:42.660 --> 00:59:44.333 I know we have a young parents  
NOTE Confidence: 0.91773111375

00:59:44.333 --> 00:59:46.181 in the crowd and we have some  
NOTE Confidence: 0.91773111375

00:59:46.181 --> 00:59:47.783 not so young parents and anyone



NOTE Confidence: 0.85987207

00:59:47.830 --> 00:59:50.008 we do have one question here in the room.

NOTE Confidence: 0.85987207

00:59:50.010 --> 00:59:53.435 Oh go for it. Hello, I'm Lily Bernard.

NOTE Confidence: 0.85987207

00:59:53.435 --> 00:59:55.488 Thank you very much for the talk.

NOTE Confidence: 0.85987207

00:59:55.490 --> 00:59:58.610 Just a question do you,

NOTE Confidence: 0.85987207

00:59:58.610 --> 01:00:01.316 could you say something about the

NOTE Confidence: 0.85987207

01:00:01.316 --> 01:00:03.120 interaction between the duration

NOTE Confidence: 0.85987207

01:00:03.196 --> 01:00:05.246 of paternity and the increase?

NOTE Confidence: 0.85987207

01:00:05.250 --> 01:00:07.018 Increasing concern about child

NOTE Confidence: 0.85987207

01:00:07.018 --> 01:00:08.786 sleep training like maternity

NOTE Confidence: 0.85987207

01:00:08.786 --> 01:00:10.679 leave and parental leave.

NOTE Confidence: 0.85987207

01:00:10.680 --> 01:00:12.426 Also that forces parents to go

NOTE Confidence: 0.85987207

01:00:12.426 --> 01:00:14.534 back to work and not have to

NOTE Confidence: 0.85987207

01:00:14.534 --> 01:00:16.280 improve the schedule of the kids

NOTE Confidence: 0.85987207

01:00:16.280 --> 01:00:18.376 so that work is again possible.

NOTE Confidence: 0.831050517

01:00:20.610 --> 01:00:21.775 Yeah, I'm sorry I didn't

NOTE Confidence: 0.831050517

01:00:21.775 --> 01:00:22.940 quite catch all of that.  
NOTE Confidence: 0.831050517

01:00:22.940 --> 01:00:24.270 The the link between what  
NOTE Confidence: 0.831050517

01:00:24.270 --> 01:00:25.640 were the two things? Again  
NOTE Confidence: 0.852690852

01:00:26.530 --> 01:00:29.642 my question my as Sumption I would say  
NOTE Confidence: 0.852690852

01:00:29.642 --> 01:00:32.997 is that the more we ask parents to go  
NOTE Confidence: 0.852690852

01:00:32.997 --> 01:00:38.158 back to work soon after giving birth.  
NOTE Confidence: 0.852690852

01:00:38.160 --> 01:00:40.610 The more you have to train the  
NOTE Confidence: 0.852690852

01:00:40.610 --> 01:00:42.930 child to sleep at night, yeah,  
NOTE Confidence: 0.852690852

01:00:42.930 --> 01:00:45.406 and so questions about maybe  
NOTE Confidence: 0.852690852

01:00:45.406 --> 01:00:47.470 comparisons with other countries.  
NOTE Confidence: 0.852690852

01:00:47.470 --> 01:00:50.452 For instance, no way where both parents  
NOTE Confidence: 0.852690852

01:00:50.452 --> 01:00:53.259 gets one year of parental leave.  
NOTE Confidence: 0.852690852

01:00:53.260 --> 01:00:55.246 Both the mother and the father.  
NOTE Confidence: 0.852690852

01:00:55.250 --> 01:00:57.336 They can share it, just you know,  
NOTE Confidence: 0.852690852

01:00:57.340 --> 01:01:00.196 if you know something about that.  
NOTE Confidence: 0.852690852

01:01:00.200 --> 01:01:01.430 Yeah, thank you.

NOTE Confidence: 0.886209257857143  
01:01:01.460 --> 01:01:03.572 Yeah I have. Yeah, one of the other  
NOTE Confidence: 0.886209257857143  
01:01:03.572 --> 01:01:05.560 chapters is all about the controversy  
NOTE Confidence: 0.886209257857143  
01:01:05.560 --> 01:01:08.380 between stay at home parents and.  
NOTE Confidence: 0.886209257857143  
01:01:08.380 --> 01:01:11.082 In early childcare and what we know  
NOTE Confidence: 0.886209257857143  
01:01:11.082 --> 01:01:13.895 about that, there was a huge study  
NOTE Confidence: 0.886209257857143  
01:01:13.895 --> 01:01:16.466 that was from the National Institute  
NOTE Confidence: 0.886209257857143  
01:01:16.466 --> 01:01:19.100 of Child Health and Human Development  
NOTE Confidence: 0.886209257857143  
01:01:19.168 --> 01:01:21.814 that actually was built to be the  
NOTE Confidence: 0.886209257857143  
01:01:21.814 --> 01:01:24.633 definitive study about about the effects  
NOTE Confidence: 0.886209257857143  
01:01:24.633 --> 01:01:27.438 of Nonparental early child care,  
NOTE Confidence: 0.886209257857143  
01:01:27.440 --> 01:01:29.792 and it it became a monster study  
NOTE Confidence: 0.886209257857143  
01:01:29.792 --> 01:01:32.302 that you know that had a lot of  
NOTE Confidence: 0.886209257857143  
01:01:32.302 --> 01:01:34.240 it depends in its own right,  
NOTE Confidence: 0.886209257857143  
01:01:34.240 --> 01:01:36.730 but it's worth sort of looking  
NOTE Confidence: 0.886209257857143  
01:01:36.730 --> 01:01:38.390 at that that literature.  
NOTE Confidence: 0.886209257857143

01:01:38.390 --> 01:01:40.494 I think one way to make this less  
NOTE Confidence: 0.886209257857143

01:01:40.494 --> 01:01:42.057 political is just as you said.  
NOTE Confidence: 0.886209257857143

01:01:42.060 --> 01:01:44.244 I mean to talk about things like,  
NOTE Confidence: 0.886209257857143

01:01:44.250 --> 01:01:46.290 you know, giving parents adequate  
NOTE Confidence: 0.886209257857143

01:01:46.290 --> 01:01:48.330 time away when they haven't,  
NOTE Confidence: 0.886209257857143

01:01:48.330 --> 01:01:51.426 and a newborn which you know,  
NOTE Confidence: 0.886209257857143

01:01:51.430 --> 01:01:53.814 I think is is a a great thing.  
NOTE Confidence: 0.886209257857143

01:01:53.820 --> 01:01:55.815 And I think we we are behind  
NOTE Confidence: 0.886209257857143

01:01:55.815 --> 01:01:57.295 other countries like like Norway  
NOTE Confidence: 0.886209257857143

01:01:57.295 --> 01:02:00.560 when it comes to that, but.  
NOTE Confidence: 0.886209257857143

01:02:00.560 --> 01:02:00.783 Yeah,  
NOTE Confidence: 0.886209257857143

01:02:00.783 --> 01:02:02.790 I'd encourage you to look at that that study.  
NOTE Confidence: 0.87777495

01:02:05.420 --> 01:02:08.355 No, uh, David. I think that  
NOTE Confidence: 0.87777495

01:02:08.355 --> 01:02:10.170 you know on this note,  
NOTE Confidence: 0.8017542709375

01:02:10.170 --> 01:02:12.681 uh, you know, hoping that we're all in this  
NOTE Confidence: 0.8017542709375

01:02:12.681 --> 01:02:14.815 country have parental leave for one year.

NOTE Confidence: 0.8017542709375  
01:02:14.820 --> 01:02:17.395 You know a boy can dream up,  
NOTE Confidence: 0.8017542709375  
01:02:17.395 --> 01:02:20.955 but thank you so much David for for  
NOTE Confidence: 0.8017542709375  
01:02:20.955 --> 01:02:23.957 joining us from Vermont via Oregon  
NOTE Confidence: 0.8017542709375  
01:02:23.960 --> 01:02:25.654 and it's been wonderful to have you  
NOTE Confidence: 0.8017542709375  
01:02:25.654 --> 01:02:27.729 and we have your contact information.  
NOTE Confidence: 0.8017542709375  
01:02:27.730 --> 01:02:30.065 And Amanda, thank you for sharing that  
NOTE Confidence: 0.8017542709375  
01:02:30.065 --> 01:02:32.190 link and for wonderful questions.  
NOTE Confidence: 0.8017542709375  
01:02:32.190 --> 01:02:34.118 So we will see you all next week.  
NOTE Confidence: 0.8017542709375  
01:02:34.120 --> 01:02:36.608 And Dave, you need to come to a.  
NOTE Confidence: 0.8017542709375  
01:02:36.610 --> 01:02:38.530 You need to take the director  
NOTE Confidence: 0.8017542709375  
01:02:38.530 --> 01:02:39.490 Eugene Newhaven flight.  
NOTE Confidence: 0.8017542709375  
01:02:39.490 --> 01:02:41.138 I hear there's a new direct flight so.  
NOTE Confidence: 0.91303376  
01:02:42.120 --> 01:02:43.308 Awesome, I'm on it.  
NOTE Confidence: 0.894639130769231  
01:02:44.120 --> 01:02:45.860 Good. Thank you so much and  
NOTE Confidence: 0.894639130769231  
01:02:45.860 --> 01:02:48.039 we will see you all next week.  
NOTE Confidence: 0.894639130769231

01:02:48.040 --> 01:02:49.548 Thanks again Dave. Alright

NOTE Confidence: 0.957115885

01:02:49.870 --> 01:02:50.970 thank you bye bye.