

Self Esteem Myths

- 1- Unconditional praise produces Self Esteem
- 2- Pampering produces Self Esteem
- 3- Success produces Self Esteem
- 4- Protection produces Self Esteem

Stanford Study
2004 Study
48% of college grads
are doing what is popular
But, Success is NOT PERSISTENCE

Strongly-praised children are 48% of college grads who are doing what is popular

4) Strong need to maintain image.

- ### Million Dollar Children
- o Because of the amount of money parents are willing to spend on their children today, it is now estimated that families in the top-third income bracket will spend \$279,450 to raise a child through age 17. That is roughly \$16,000 per year.
 - o Evidence: Jacqueline Jones 5th year birthday cost her parents over \$1,000. This "mermaid" theme party came complete with piñata, pizza, cake, juice boxes, customized goody bags for 20, and a former beauty queen dressed head to toe as "Ariel."
 - o Evidence: Toddlers with \$800 strollers
 - o Evidence: 10 year olds with cell phones

Million Dollar Children

A Child-Spending Spectrum

Every year the USA spends the cost of raising a child from birth through age 17 based on a survey of parents' spending habits. The data are presented using the gross weekly cost of raising a child as a starting point. We present the cost breakdown in dollars, with some key items and reports say on the most common, as well as more unusual and expensive items.

Category	Item	Cost
Education/Child Care	Preschool (2 years)	\$2,000
	Kindergarten (1 year)	\$1,000
Transportation	Stroller	\$800
	Car	\$20,000
Health Care	Prescription drugs	\$10,000
	Medical visits	\$5,000
Entertainment	Video games	\$1,000
	TV	\$1,000
Housing	Child's room	\$10,000
	Stroller	\$800
Food	Diapers	\$1,000
	Formula	\$1,000
Clothing	Diapers	\$1,000
	Stroller	\$800

Raising Pampered Kids

- **The Wall Street Journal** recently estimated that families in the top-third income bracket in the USA will spend from \$800,000 to \$1.6 million to raise a child born in 2005 through age 17 ("The Million Dollar Kid", March 4, 2007). In introducing these projections the **Journal** observed, "With the debate about the country's wealth gap heating up again, pampered kids provide some of the most dramatic examples, from toddlers in \$800 strollers to 10-year-olds with cellphones."
- The **Journal** projections were based upon a survey of parents' spending habits. Among the expenses included in the projections are...
- enrollment in child care and private schools (\$96,000)
- tutoring (\$75,000)
- gas spent transporting children (\$18,394)
- iTunes downloads (\$3,600)
- BabyGap wardrobe (\$6,205)
- organic groceries for child (\$50,000)
- acne treatment during teen years (\$11,000)
- car as 16th birthday present (\$23,000)
- swimming pool in back yard (\$60,000)
- designer handbags for teenage girls (\$4,000)

Million Dollar Children

- Evidence: Flat screen TV's in Children's bedrooms
- Evidence: \$3,000 dollars worth of baseball equipment parents are expected by purchase for boys between the ages of 10-17.
- Evidence: Traveling with "Elite" or "Competitive" Sports Teams averages \$12,500 per year
- 2 out of 3 Teenagers have cell phones
- 1/2 of all American Teenagers have MP3 Players (Average cost of downloaded music per year is \$361).

Million Dollar Children

"Despite parents' willingness to spend with abandon to provide character-building experiences, educators and therapists say the practice can backfire. [School] Principals in wealthy communities say children are in so many classes, they don't know how to work things out on their own. They also own so much stuff, school lost and found departments are overflowing. 'In the end, they'll be fine,' says Gail Lynn Main, the principal of Lafayette Elementary, a public school in an affluent Washington D.C. neighborhood. 'But they're not as independent. They don't do chores at home. If you bring a broom over, they just look at you'" ("The Million Dollar Kid, Eileen Daspin & Ellen Gamera, The Wall Street Journal Online, 3 March 2007).

Enabling Parenting Quiz

1. Do you often rescue your children and bale them out of trouble and responsibility?
2. Do you practically do everything for your children [chores, projects, scouting, young women's] and don't expect anything in return?
3. Do you not expect your children to have chores, work, or be respectful at home?
4. Do you often defend your children, feeling like they can do no wrong?
5. Do you believe that your children's problems are someone else's fault? [teacher, church leader, coach].

Enabling Parenting Quiz

6. Do your children believe they are entitled and have rights?
 7. Do your children believe that they are entitled to success without any effort?
 8. Are you more concerned with political correctness rather than teaching standards, values, and beliefs?
 9. Do you buy your children something every time you walk into a store?
 10. Do you let your children come and go as they please, having set no limits or boundaries?
 11. Do you let your children sit inside day after day, watching TV, playing Video games, and complaining that there is "nothing to do."
- If you said yes to more than 5 of these question, run as fast as you can for the border. We will drive you there personally. The inmates are running the prison!

Look Familiar?

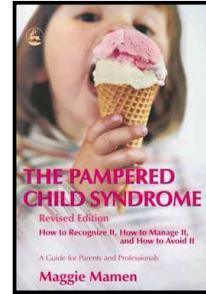


The Pampered Child-Syndrome

"We live in a child-centered society where children's wants and demands are increasingly being given priority over marital and family harmony, financial considerations, parental sanity, common courtesy, quiet enjoyment, respect and common sense. With the encouragement of many professionals... Along with the enthusiastic support of the media, manufactures and marketers, some children are becoming empowered to the point where parents feel helpless and ineffective. Many can no longer guarantee their children the basic building blocks of physical and mental health- sleep, nutrition, exercise, fresh air- not because they do not understand their importance, or have the ability to provide for them.

The Pampered Child Syndrome

"Rather, they hesitate because the child does not agree, or because they are afraid of damaging a child's 'self-esteem,' or because they have been led to believe that imposing anything on children that children do not want to do or that makes children unhappy or uncomfortable is tantamount to abuse.



Pampered Child Syndrome

"These well-intentioned parents are catering to their children's every whim and are actively avoiding, or even resisting, their responsibilities as parents to say 'no,' to set limits, to engender a sense of responsibility, and to teach morals, ethics, values, and the importance of family and community. Children are not learning active or creative problem-solving strategies, or how to be resilient or responsible, or how to build up a range of internal resources to manage stress, loss, failure, or disappointment. In a word, they are growing up pampered" (Excerpt from *The Pampered Child Syndrome: How to Recognize It, How to Manage It, and How to Avoid it*, by Dr. Maggie Mamen).

The Self Esteem Bubble

"Andrea Sobel shudders at those oh-so-positive messages aimed at boosting kids' self-esteem.

"She has heard her fill of "good job" or "great picture" or any of the highly exaggerated claims that parenting experts and educators spouted as the way to bring up well-adjusted children.

"Sobel, the mother of 16-year-old twins in Sherman Oaks, Calif., says they could tell "what was real and what was fake," even when very young. "I was tired of going to the sports field and seeing moms say, 'Great job at going up to bat.' It hit me early on that kids could see through inane compliments."

"Those often-empty phrases, however, raised a generation. Kids born in the '70s and '80s are now coming of age. The colorful ribbons and shiny trophies they earned just for participating made them feel special. But now, in college and the workplace, observers are watching them crumble a bit at the first blush of criticism.

"I often get students in graduate school doing doctorates who made straight A's all their lives, and the first time they get tough feedback, the kind you need to develop skills," says Deborah Stipek, dean of education at Stanford University. "I have a box of Kleenex in my office because they haven't dealt with it before."

The Self Esteem Bubble

"A 1991 teacher training session in the Houston area taught the evils of red ink and told teachers to pick another color, says Pat Green, a teacher since 1982.

"They said it had a very negative impact, because red is so symbolic of wrong answers," she says.

"Some also said grammar and spelling errors should be overlooked so students wouldn't be discouraged from writing, Green says. "It was so 'don't damage their self-esteem' to the point where you would praise things that weren't very good."

"Cassie Bryant, 22, is a product of those times. "I kind of became an award junkie," she says.

"She believes the awards motivated her and helped her get into a competitive college. But, she recalls her first semester at New York University as "brutal."

"I had always been in honors in high school, and the writing teacher said, 'I don't think that's a good place for you.' I started crying right there. I had never been told that before."

"Now, the tides have turned. Schools teach the basics to improve performance on standardized tests, and self-esteem programs have evolved from phony praise to deserved recognition for a job well-done.

The Self Esteem Bubble

"Overall, research shows that self-esteem scores have increased with the generations," says Jean Twenge, a psychology professor at San Diego State University who compared studies on self-esteem of 66,000 college kids across the USA from 1968 through 1994. Such studies are typically based on self-ratings.

"She also has noticed that the undergraduates she teaches tend to have an inflated sense of self.

"When you correct writing, they'll say, 'It's just your opinion,' which is infuriating. Bad grammar and spelling and sentences being wrong is not my opinion, it's just bad writing," she says.

The Self Esteem Bubble

"So when the criticism flows, some college students are increasingly seeking counseling.

"Sam Goldstein, a neuropsychologist at the University of Utah, likened some students to bubbles — on the surface they seem secure and happy, yet with the least adversity they burst....

"One of the things the managers talked about is an incredible sense of entitlement for people who don't deserve it," she says. "They'll come in right out of college and don't understand why they're not getting promoted in three months."

Howe blames the attitude on society's high expectations. "We've become a much more child-oriented society around millennials," he says. "Self-esteem for them meant you're the focus of society's attention" (USA Today, Yep, life'll burst that self-esteem bubble, Sharon Jayson, 15 Feb. 2005).

Spoiled Rotten

"Millennials" are Americans born after 1981, the invisible tipping point where it suddenly became *de rigeur* for parents to micromanage our children's lives with flashcards, *Baby Einstein* videos, playdates, violin lessons, sports therapists, and tutors for every kind of special need, real or imagined. Now these "kids" have entered the workplace, with interesting results.

- "They grew up with an 'everyone gets a trophy' sense of entitlement," one 57-year-old employer says of his 20-something Millennial employees. "They are members of a generation that thinks it should get a trophy just for waking up in the morning."
- Typical problems include arriving to work on time, working towards long-term goals, dressing appropriately (the same employer had to tell a young female employee that his was not an "underwear optional" workplace), and loyalty to employers. It's also apparently hard for employers to keep parents at bay, despite the reality that their children are now adults. "I had a human resources manager call me about a worker who received her performance review [followed by] her mother calling up to complain that 'she's better than that,'" the employer relayed.

The "Me" Generation



- The formative childhood years of the coming generation are vastly different than their predecessors. In an increasingly industrialized, technologically advancing democratic world, childhood has become solely fun and pleasure. Most everything in their world seems to revolve around them.
- Many parents are driven by the thinking that their children's lives must be better than was their own. It is natural to want your children to be happy and comfortable. **Feeling guilt at not spending enough time with them has compelled many a father or mother to try to compensate in other ways. Gradually, the focus has changed from parents teaching children to help the family—to pull their weight and do their share—to the opposite. Now, everything is done for them—the world revolves around them. Instead of selfless, outgoing concern, there is a selfish inward attitude.** The purpose and meaning of their life is to party and "have a good time."



The "Me" Generation

No longer are children obligated to their parents. **Parents are now obligated to their children—obligated to do everything for them and take them where they want to go—baseball games, football, soccer, dance and gymnastic practice. Obligated to clean and pick up after them. Obligated to provide the very latest gadgets: be it a CD or DVD player or the latest cell phone—lest they be unhappy, depressed or bored beyond belief!** They must always be plugged in so that they are not left alone with their own thoughts.

- As if competing in a popularity contest, parents are afraid *not* to cater to their offspring's whims, lest they lose their love. They will certainly not apply discipline, for fear of terribly destroying their little one's "self-esteem"! Truly, this scripture has come to pass: "Children are their oppressors...they which lead you cause you to err, and destroy the way of your [former] paths" (Isaiah 3:12).



The "Me" Generation



All of this has produced an entire generation of weak, selfish, pampered children. Though they have all they could ask for, the joy and better life that their parents want for them is not there. Countless millions of young minds, after being diagnosed with every conceivable disorder, are being "medicated" in an attempt to fix depressed, unhappy and unfulfilled lives (From *The Pampered Generation* by James F. Turck).



Around the Horn

- Example: 14 year old boy who told me recently that he doesn't mow his own lawn because he dad doesn't think he can make it nice. Instead, he plays video games all summer while a lawn crew does the dirty work
- Example: 21 year old boy who lives in parents home, eats their food, and refuses to go to school, go on a mission, or work. He's got a great life!
- Example: Youth who spend their summers attending EFY and other camps, but because of their busy schedule, they don't work
- Example: Parents who cover for their children so they don't have to bear the full consequences of their mistakes. Seminary make up work is a classic example.
- Example: Girl who repeatedly threw her cell phone on the side walk so her parents would buy her a new one, which they did!

Around the Horn

- Young men in my stake, and yours, who still haven't worked a day of their lives before they enter the mission field. Today, this is now the rule, rather than the exception.
- Families who hire lawn crews to mow their lawns while their lazy children sit inside watching television.
- Teens who stay up until 2-3 a.m. on cell phones. Are these kids really getting up at 6:00 a.m. the next day and contributing to society in any way? This whole 3:00 a.m. culture is going to be the downfall of this lazy generation
- Youth, whose parents let them sleep each day of the summer until noon or 1.
- Youth who demand their parents "owe" them material possessions, such as Ipods, cell phones, digital cameras, and cars.

Country Clubs and Cotton Candy

- We cannot raise future Prophets, Apostles, Bishops, Relief Society Presidents, Parents, or Teachers on a steady diet of cotton candy, television, and country club memberships.
- Our youth need to be taught to work, to be responsible, and to be disciplined.
- If that does not happen, in one generation, it could be 1820 all over again!

Parenting Approaches

Covenant Based Parenting



Conversion



Divine Reliance

Parents covenant to train children in three vital areas:

#1-

Parents are responsible for teaching children how to repent.

And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, *that our children may know to what source they may look for a remission of their sins.*

(2 Nephi 25:26)

Popular Steps of Repentance

- 1- Sorrow for sin.
- 2- Abandonment of sin.
- 3- Confession of sin.
- 4- Restitution for sin.
- 5- Doing the will of the Lord.



Question:

What is missing here?

Parents covenant to train children in three vital areas:

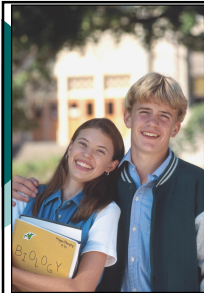
#2- Parents are responsible to teach responsibility.

Responsibility is grown

<u>Age Range</u>	<u>Children Learn</u>	<u>Accountable To:</u>
Age 3-5	Obedience	Parents
Age 6-9	Stewardship	Heavenly Father
Age 9-12	Discipline	Self
Age 12-15	Service	Others around them
Age 15-18	Love/Charity	Another individual

Parents covenant to train children in three vital areas:

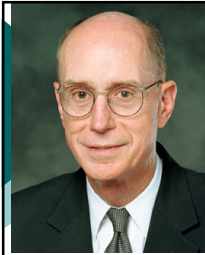
#3- Parents are responsible to train their children in “light and truth”



Elder Eyring “A Life Founded in Light and Truth”

The teenager who begins to say, “It’s my life to live, my choices to make,” is speaking the truth, a wonderful truth. The choice to do good is the only way to build a life on the foundation of truth and light. **Yet those words can strike fear into a parent or a bishop or a Young Women leader who loves the teenager.** That outburst of independence usually comes when a rule is announced or something is forbidden. It may come with the mere appearance of authority, with anyone telling them what they must do, or even with just a look at a hemline.

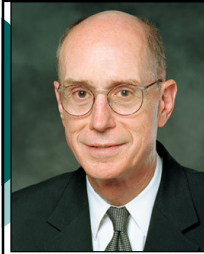
The opportunity is in their seeing that reality [of good and evil], but that is also the problem. It takes the revelation of truth from God to the teenager for those opposing forces to be seen as real. Once seen, the choice will be obvious. But many young people have little experience with persisting in obedience when the truth must be taken on faith alone until it is revealed to them. **The opportunity lies in their sensing what they once knew, that the power to choose is a gift from God to bring them happiness in life and in the life to come with Him.** We can help in the way **we react** to their determination to choose for themselves.



Elder Eyring

I have seen many shepherds who feed their flocks. One was the president of a deacons quorum. One of his quorum members lived near my home. That neighbor boy had never attended a quorum meeting nor done anything with the members of his quorum. His stepfather was not a member, and his mother did not attend church.

The presidency of his deacons quorum met in council one Sunday morning. Each week they were fed the good word of God by the fine adviser and teacher. In their presidency meeting, those 13-year-old shepherds remembered the boy who never came. They talked about how much he needed what they received. The president assigned his counselor to go after that wandering sheep. I knew the counselor, and I knew he was shy, and I knew the difficulty of the assignment, so I watched with wonder through my front window as the counselor trudged by my house, going up the road to the home of the boy who never came to church.



Elder Eyring Cont...

The shepherd had his hands in his pockets. His eyes were on the ground. He walked slowly, the way you would if you weren’t sure you wanted to get where you were headed. In 20 minutes or so, he came back down the road with the lost deacon walking by his side. That scene was repeated for a few more Sundays. Then the boy who had been lost and was found moved away.

Now, that story seems unremarkable. It was just three boys sitting in a room around a small table. Then it was a boy walking up a road and coming back with another boy. But years later, I was in a stake conference, a continent away from the room in which that presidency had met in council. A gray-haired man came up to me and said quietly, “My grandson lived in your ward years ago.” With tenderness, he told me of that boy’s life. And then he asked if I could find that deacon who walked slowly up that road. And he wondered if I could thank him and tell him that his grandson, now grown to be a man, still remembered. (Ensign, May 2001)