

## Outline

### How to Raise a Child Who Will Thrive

- You paint a picture in your book Thrivers of tween, teens and young adults who are stressed, anxious, depressed, and lonesome. Why are our kids experiencing this?
- Importance of play.
- Importance of sleep.
- **7 essential character traits of a child who will thrive** both in childhood and adolescence but also into adulthood.
- Self-Confidence
  - What is the difference between self confidence and self-esteem?
  - How does parental praise factor into teaching self-confidence?
  - How do you teach self-confidence?
- Empathy
  - Why is empathy so important to resilience?
  - How do you teach empathy or at the very least encourage it?
  - How does our modern technology impact empathy?
- Self-Control
  - What is self-control in children?
  - How do we teach self-control?
- Integrity
  - How do you define integrity?
  - How can we help our kids develop integrity?
- Curiosity
  - Why is curiosity important for thriving?
  - What can we do or not do to encourage curiosity?
- Perseverance
  - What causes kids to give up?
  - What can parents do to help?
- Optimism
  - Is optimism an inborn temperament or one that can be taught?
- If you could leave parents with 5 actionable tips for raising a “thriver”, what would they be?