

To control excess worry:

- Never worry alone
- Get the facts
- Make a plan

Tips for play:

- Understand what is meant by play
- Make time for play
- Limit electronic time
- Don't over schedule
- Sports- don't push, make it fun
- Relearn how to play as an adult
- Use humor

Tips to help children develop habits of practice and discipline:

- Think about your own childhood and what worked for you
- Loosen up
- Present discipline as a ticket to free time, mastery and success
- Teach that successful people reach goals through hard work
- Offer specific pointers on organization
- Reinforce at home what is being done at school and practice
- Don't use words like lazy, slacker or loser
- Make your child do what is asked
- Don't scare them by telling them "It takes years of practice"

Tips for developing mastery:

- Know the difference between mastery and achievement
- Give the child experiences of mastery
- Don't let praise take the place of mastery
- Explain that frustration precedes mastery

Kinds of connectedness that go into a connected childhood:

- Unconditional love and family togetherness
- Friends, neighborhood, community
- Chores, work, responsibility to contribute
- Activities, sports
- A sense of past
- The arts
- Nature
- Pets
- Ideas and information
- Institutions and organizations
- The connection you make with yourself