

The Morris Educational Foundation Presents

The Gift of Failure

How the Best Parents Learn To Let Go
So Their Children Can Succeed

Please join us as we welcome
NY Times columnist, educator
and best selling author

Jessica Lahey



www.jessicalahey.com

"We have taught our kids to fear failure, and in doing so, we have blocked the surest and clearest path to their success."

Jessica Lahey

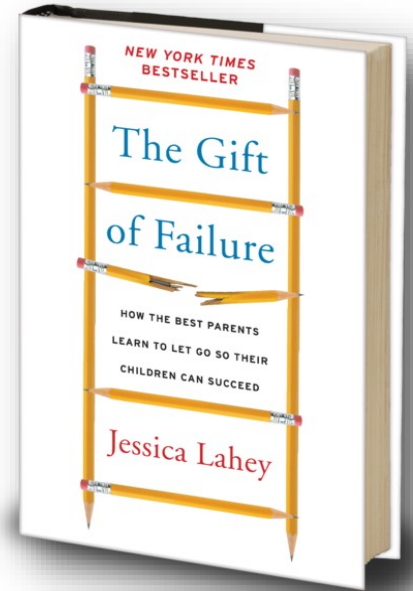
Added Bonus!
Coffee with the Author

Jessica joins us for the ultimate book club experience!

May 3, 9:30-10:30 am

FMS Media Center

All Parents Welcome!



[Buy the book here](#)
or at the event for the special price of \$15*

PRESENTATION ■ Q&A PANEL ■ BOOK SIGNING

TUESDAY, MAY 3 ■ 7:00 PM

MORRISTOWN HIGH SCHOOL AUDITORIUM

Author of The *New York Times* column, "The Parent-Teacher Conference" and contributor to *The Atlantic*, Ms. Lahey outlines a plan for how parents and teachers can encourage autonomy, while still offering support, to help children grow into independent, resilient and confident adults.

Jessica Lahey will also moderate a Q&A discussion between the parent community and guest panelists:

Mr. Joseph Ugliarolo, Principal, Frelinghuysen Middle School, Morris School District

Dr. Walter Rosenfeld, Chair of Pediatrics, Goryeb Children's Hospital, Morristown Medical Center

Kristen Rudiger, School Psychologist, Morris School District

This event is free and open to the public.

RSVP at bit.ly/MEFLahey is requested but not required.

* Books will be sold for cash only.



THIS PROJECT WAS
MADE POSSIBLE BY A
GRANT FROM THE ROTARY
CLUB OF MORRISTOWN

Co-sponsored by the
Morris Township/Morristown
Joint Municipal Alliance,
Funded in part by Governor's Council on
Alcoholism and Drug Abuse (GCADA)



Morristown
Medical Center
ATLANTIC HEALTH SYSTEM

The Gift of Failure with Jessica Lahey

How the Best Parents Learn to Let Go So Their Children Can Succeed

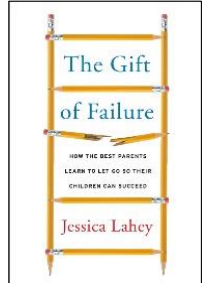
Part II of the 2015-2016 MEF Parent Education Series ~ May 3, 2016

“To help children succeed, we must allow them to fail.”

Autonomy-Supportive Parenting

In her book, Jessica Lahey focuses on a style of parenting referred to by child development experts as **Autonomy-Supportive Parenting**. This approach aims to help children develop into self-reliant, competent and resilient adults. The key to this approach is to **build a child’s intrinsic motivation** (internal drive). This can be accomplished by:

- ✓ Encouraging **autonomy** (self-reliance).
- ✓ Offering **guidance and support**.
- ✓ Providing opportunities to feel **competent** (not just confident).
- ✓ Letting them know they are **loved** regardless of their performance in school or sports, etc.



Autonomy-Supportive Parents establish clear and specific expectations/boundaries, make themselves physically and emotionally present, and offer guidance when kids get frustrated or need redirection. They realize their job is not to protect their children from failure, but to give them the tools to help them cope with setbacks.

Here are some practical steps to take to become an **Autonomy-Supportive Parent**:

- **Offer support, not control.**
Control is the enemy of autonomy. Controlling behaviors such as nagging and pestering, destroy motivation and hinder your connection and relationship with your child.
- **Use goals instead of rewards.**
Rewards are attempts to control behavior and undermine intrinsic motivation. The use of rewards puts the focus on the end product, such as grades, instead of the long term process, such as learning. Goals, on the other hand, if set by the child, work well to motivate because they remain in *their control*.
- **Treat failures as opportunities for emotional & cognitive growth.**
The challenges and struggles inherent in childhood provide the necessary experiences that teach kids to be resourceful, capable, and creative problem solvers. When we shield our kids from failure, we risk raising emotionally, intellectually, and socially handicapped children, unsure of their direction or purpose without an adult on hand to guide them.
- **Realize that every rescue or intervention is a lesson lost.**
Rescuing your child from mistakes sends the message that you don’t believe he has the ability to find the solution for himself. A few missed lunches or a zero on a homework will reinforce these skills better than lectures, nagging or rescuing ever will. Accept short term mistakes as a way to teach long term lessons.
- **Encourage household duties as the best way for kids to practice competence and contribute.**
Duties provide the opportunity for kids to: gain skills and responsibility doing basic household tasks, learn from their mistakes, gain competence and mastery, and teaches them that the family depends on each other for both labor and love.

Bottom Line: Research has shown over and over again: children whose parents don’t allow them to fail are *less* engaged, *less* enthusiastic about their education, *less* motivated and ultimately *less* successful than children whose parents have supported their autonomy.

The Gift of Failure with Jessica Lahey

How the Best Parents Learn to Let Go So Their Children Can Succeed

Part II of the 2015-2016 MEF Parent Education Series ~ May 3, 2016

Jessica Lahey is an educator, speaker, and writer. She has been an English, Latin, and writing teacher in middle and high school for over a decade, writes the biweekly [Parent-Teacher Conference](#) advice column for the *New York Times*, is a contributing writer at [The Atlantic](#), and appears as a commentator on [Vermont Public Radio](#). Jessica earned a JD from the University of North Carolina at Chapel Hill with a concentration in juvenile and education law. She lives in New Hampshire with her husband and two sons. To learn more about her and her new book, "[The Gift of Failure](#)", please visit www.jessicalahey.com.



Some Recommended Reading from Jessica:

Daniel Pink, *Drive: The Surprising Truth About What Motivates Us*

Edward Deci, *Why We Do What We Do: Understanding Self-Motivation*

Carol Dweck, *Mindset: The New Psychology of Success*

Wendy Grolnick, *The Psychology of Parental Control: How Well-meant Parenting Backfires*

PANELISTS

Mr. Joseph Uglialoro is completing his first year as the Principal of Frelinghuysen Middle School. Prior to joining the Morris School District, Mr. Uglialoro served for four years as the Principal of South Orange Middle School and the Assistant Principal of Matawan-Aberdeen Middle School. He was an International Baccalaureate Teacher of History and Theory of Knowledge at the Dwight International School in New York City and a History Teacher at Holmdel High School in Holmdel, NJ. Joseph lives in Cranford, NJ with his wife and two sons.

Dr. Walter Rosenfeld is Chair of Pediatrics at Goryeb Children's Hospital of Atlantic Health System in Morristown, NJ and a specialist in Adolescent Medicine. For over 25 years he has worked with adolescents, parents, schools and community agencies in New Jersey to improve the health of teenagers, young adults and their families. His research, publications, and public speaking have encompassed multiple areas of adolescent health with particular emphasis on adolescent sexuality, risk-taking behaviors, eating disorders and obesity, substance abuse, health-related ethical issues in adolescents, teens and the Internet, and the connections between physiologic disorders and psychosocial issues. He is also a Professor of Pediatrics at Rutgers – New Jersey Medical School. Living in Randolph, NJ, Dr. Rosenfeld appreciates the meaningful and real perspective that his wife and young adult son and daughter add to his professional experience.

Kristen Rudiger, M.A., Ed.S. is a school psychologist and member of the child study team at Morristown High School in the Morris School District. Kristen earned her Bachelor's Degree at Lycoming College, her Master's and Specialist Degree at Seton Hall University and is currently a Doctoral Candidate at the Philadelphia College of Osteopathic Medicine, where her coursework and field experience included specific emphasis on school neuropsychological assessment and cognitive behavioral therapy. Kristen is currently working on her dissertation, which is an analysis of the self-disclosure practices of school-based mental health practitioners. Kristen has previously presented at the National Association of School Psychologists (NASP) Annual Conference in San Francisco, Seton Hall University, and at several school districts throughout New Jersey.

Morris Educational Foundation Parent Education Program

Helpful Parenting Resources

www.healthychildren.org The AAP is the world's largest publisher of pediatric content. HealthyChildren.org is the digital extension of the AAP mission to provide the most trustworthy health content to parents and caregivers at home, on the go, and from anywhere in the world. ***The only site and newsletter backed by 64,000 AAP pediatricians!***

From the American Academy of Pediatrics, this parenting Web site is backed by 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for children. It covers general information related to child health topics as well as more specific guidance on parenting issues. All of the content comes from the nation's leading child health experts who have credible scientific research supporting their recommendations. Visit this site to sign up for a FREE monthly newsletter.



healthychildren

Powered by pediatricians. Trusted by parents.

<http://goryeb.privatehealthnews.com> Learn about your child's physical, social, & emotional health by visiting this Atlantic Health System Web site to sign-up for a FREE newsletter. *My Kid's Atlantic Health News* can be personalized by choosing the topics and services that matter most to you as a parent. You will receive up-to-date information selected from hundreds of medically reviewed publications and journals as well as easy access to some of the most reputable healthcare web sites.



Goryeb
Children's Hospital 
ATLANTIC HEALTH SYSTEM

www.teenhealthfx.com Operated and maintained by the Goryeb Children's Hospital, the goal of TeenHealthFX is to provide teens with an online resource where they can get candid, factual answers to any and all questions regarding their health, relationships, body and sexuality. The goal of TeenHealthFX is to empower adolescents to improve their physical and emotional health through individual responsibility. In addition, the site is intended to help teens access medical, mental health, and other support services such as substance abuse, eating disorder, and suicide prevention programs.

TeenHealthFX

www.common sense media.org Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology. Children spend more time with media and digital activities than they do with their families or in school, which profoundly impacts their social, emotional, and physical development. For help in finding age appropriate media reviews and advice, visit this site to search for movies, apps, games, websites, TV shows, or books. You can also sign up for a FREE newsletter.

common sense[®]
media

