

חנוך לנער על פי דרכו



PARENTAL GUIDANCE

Suggested

PERSPECTIVES ON JEWISH PARENTING IN AN EVER-CHANGING WORLD

NOVEMBER 28

Parenting on Purpose:
The Goals, Objectives
and Measures of
Jewish Parenting

DECEMBER 5

**The Halachic
Parameters of
Chinuch:** Through
Ages and Stages

DECEMBER 19

**The Spirit of the Law &
the Law of the Spirit:**
Fostering Spirituality in
Our Children

DECEMBER 26

**Stepping In
and Stepping Aside:**
Inspiring Independence
in a Scary World

JANUARY 2

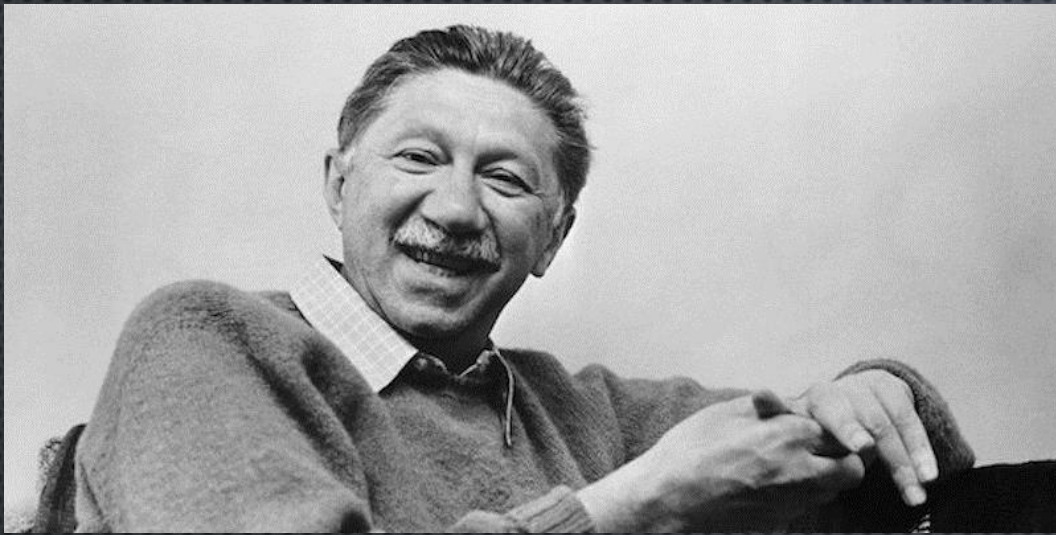
**"The Times They
Are A-Changin':"**
Jewish Parenting
in the 21st Century

JANUARY 9

**Square Pegs and
Round Holes:** Torah
Perspectives on Raising
Challenging Children

*STEPPING IN AND
STEPPING ASIDE:*

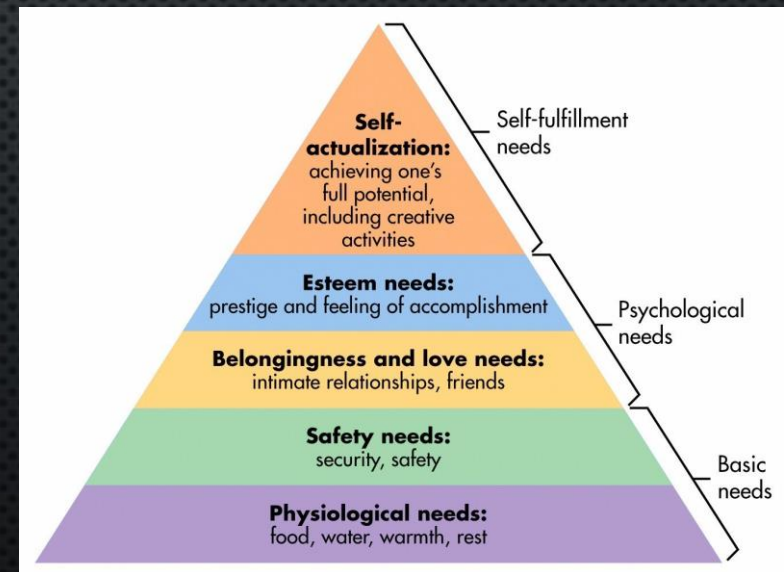
*Inspiring Independence In
a Scary World*

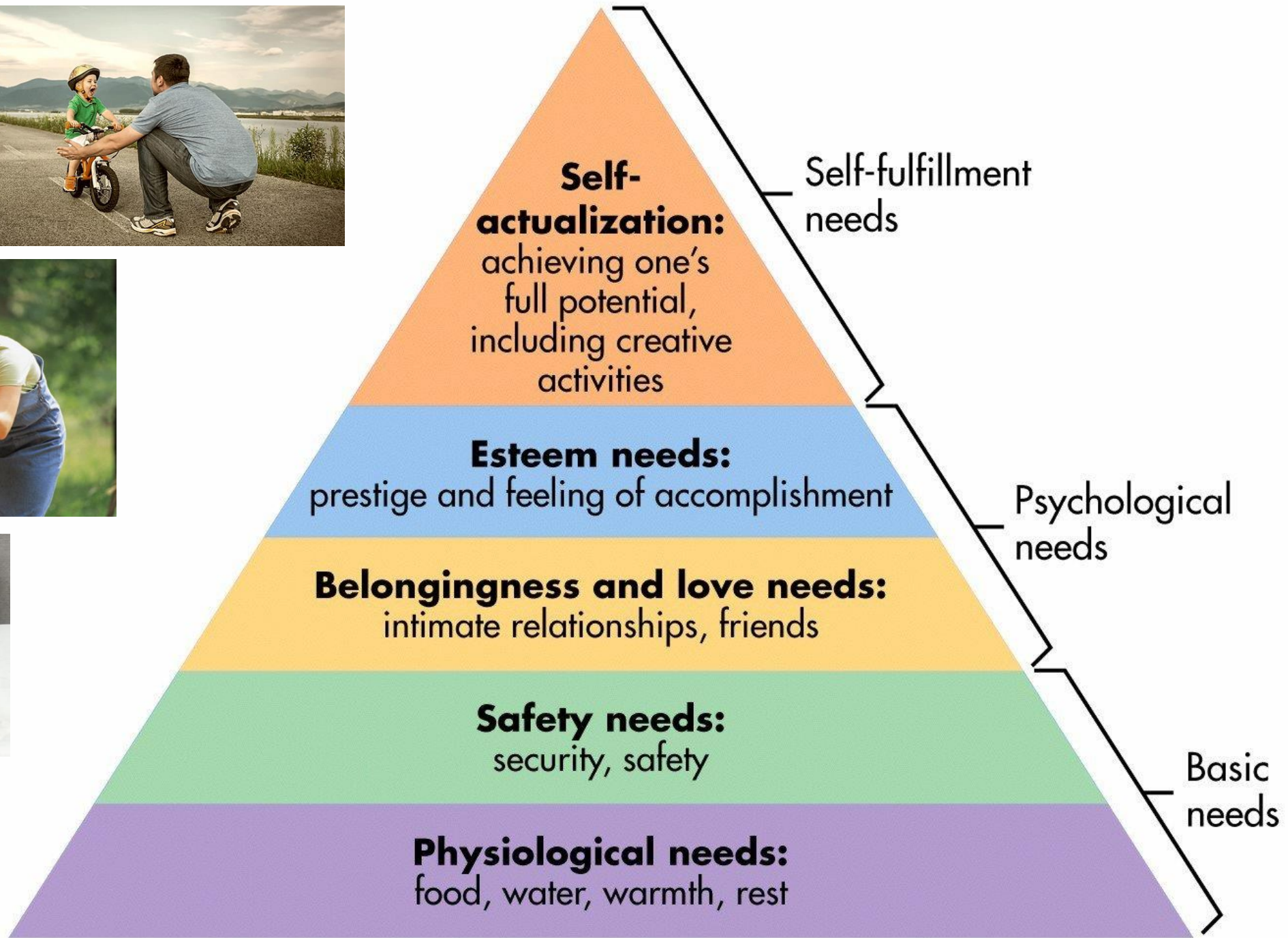


Abraham Maslow
1908-1970

MASLOW'S HIERARCHY OF NEEDS

MASLOW STATED THAT PEOPLE ARE MOTIVATED TO ACHIEVE CERTAIN NEEDS AND THAT SOME NEEDS TAKE PRECEDENCE OVER OTHERS. OUR MOST BASIC NEED IS FOR PHYSICAL SURVIVAL, AND THIS WILL BE THE FIRST THING THAT MOTIVATES OUR BEHAVIOR. ONCE THAT LEVEL IS FULFILLED THE NEXT LEVEL UP IS WHAT MOTIVATES US, AND SO ON...





AS PARENTS, WE WANT OUR CHILDREN TO BE...

- happy/content
- fulfilled
- safe
- productive
- independent
- socially appropriate
- responsible
- stable
- religiously observant
- spiritually attuned
- thoughtful/caring
- generous
- etc.



IS THERE A WAY TO MAKE OUR CHILDREN...?

- happy/content
- fulfilled
- safe
- productive
- independent
- socially appropriate
- responsible
- stable
- religiously observant
- spiritually attuned
- thoughtful/caring
- generous



No, there is not.

And this is probably the
most important and difficult
lessons of parenting.

בנין / BUILDING



זריעה / PLANTING



How may we inspire/enable/encourage our children to become:

- HAPPY/CONTENT –
 - praise them thoughtfully
 - teach/model positive thinking
 - express personal contentment and satisfaction
- FULFILLED
 - model fulfillment
 - remind them of blessings, big and small
 - spend quality time with them
- SAFE
 - model safe living
 - don't overreact or exaggerate danger
 - don't baby-proof everything, let kids explore

How may we inspire/enable/encourage our children to become:

- PRODUCTIVE

- encourage your children to do things (especially things that don't involve screens)
- encourage them to experiment, learn through trial and error
- allow them to fail, encourage them not mourn failure

- INDEPENDENT

- give them choices
- don't rush to assist them, allow them to climb at the playground – don't lift them
- don't always make yourself available
- don't bail them out

How may we inspire/enable/encourage our children to become:

- SOCIALLY APPROPRIATE
 - model socially appropriate behavior
 - model empathy for others
 - give them opportunities to practice social behaviors
 - develop a sophisticated emotional vocabulary, share with your child
- RESPONSIBLE
 - assign age-appropriate tasks
 - praise children for taking responsibility
 - avoid constant rewards
 - allow your children to feel the consequences of not taking responsibility
 - take a step back

How may we inspire/enable/encourage our children to become:

- STABLE

- stay calm, cool and collected 😊
- follow routines and schedules
- be prepared and be on time
- model restraint and self-soothing

- RELIGIOUSLY OBSERVANT

- Model religious observance
- Model commitment and sacrifice
- Don't complain about religious observance
- Create positive moments around religious observance

How may we inspire/enable/encourage our children to become:

- SPIRITUALLY ATTUNED

- encourage/welcome questions
- don't pretend to have all the answers
- teach spirituality to everyday moments
- instill an appreciation of nature
- tell stories

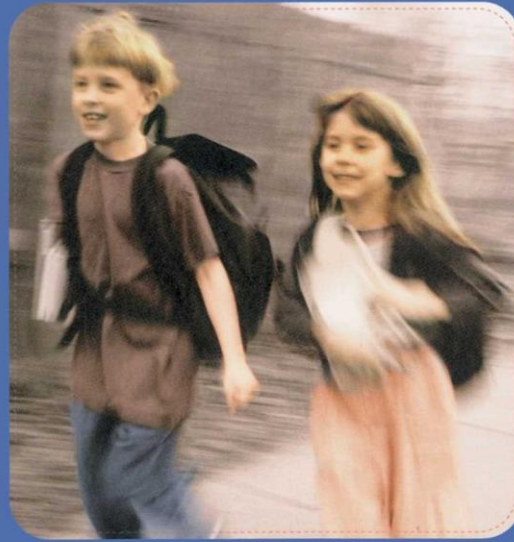
- THOUGHTFUL/CARING

- model thoughtfulness
- write letters/notes
- outlaw name-calling / don't trash talk

Using Timeless Teachings to Raise
Self-Reliant Children

THE NEW YORK TIMES BESTSELLER

THE BLESSING OF A SKINNED KNEE



Wendy Mogel, Ph.D.

"Impassioned, lyrical, and eminently practical, this inspiring volume
is a real treasure." —*Publishers Weekly* (starred review)

PARENTS' DISCUSSION GUIDE INSIDE

RAISING HARDY CHILDREN

The Talmud sums up the Jewish perspective on child-rearing in a single sentence: "A father is obligated to teach his son how to swim." Jewish wisdom holds that our children don't belong to us. They are both a loan and a gift from God, and the gift has strings attached. Our job is to raise our children to leave us. The children's job is to find their own path in life. If they stay carefully protected in the nest of the family, children will become weak and fearful or feel too comfortable to want to leave.

For twenty years now, I have watched as well-meaning, dedicated parents become ever more deeply enmeshed in their children's lives. No matter how busy these parents are, the child's

problems remain a central preoccupation. Instead of enjoying their time with their children, they're busy fretting and fixing. The housekeeper who was required to sleep in her charge's bed was an extreme but natural extension of the sort of parental hovering that was typical of my clients. Little Kayla is overtaxed, so her mom is off to the library to do research for the Hopi Indian social studies project while Kayla is at her dance class. Zack's dad is hiring a softball tutor so Zack will feel more secure about playing on the teams the boys form at recess. These are the same parents who refuse to let their children walk to the corner alone or don't permit their children to hand in a homework assignment without a parental edit.

I'm not against helping with homework and building skills in sports, but what these parents are trying to do goes far beyond standard support and encouragement. They are trying to inoculate their children against the pain of life. There is a Hebrew phrase, *tzar gidul banim*, that refers to the ubiquitous pain of raising children. We parents go through years of emotional anguish as we raise our kids, but *tzar gidul banim* also refers to our children's pain. Without it they cannot grow strong. They won't learn to swim. And the message communicated by all this loving parental protection is that the child doesn't have what it takes to swim alone.

When Dustin's teacher won't allow him to be in the school play because of his C grade in English and his mother promises to go talk to the principal, telling Dustin, "I don't see why she's making such a big deal out of one C," she's giving him an unrealistic impression of the world. Dustin's college professors, colleagues, and employers won't be creating special rules just for him. When Ellie's feelings are hurt about not getting invited to Mimi's birthday party and her dad offers to call up Mimi's mom to try to find out why, he's teaching her that missing out on a party is a catastrophe that deserves special intervention. When we treat our children's lives like we're cruise ship directors who must get them to their destination—adulthood—smoothly, without their feeling even the slightest bump or wave, we're depriving them. Those bumps are part of God's plan.

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NATIONAL BESTSELLER

The Blessing of a B Minus

Using Jewish Teachings to Raise
Resilient Teenagers



Wendy Mogel, Ph.D.

New York Times Bestselling Author of *The Blessing of a Skinned Knee*

"Mogel's compassion and authenticity will ring true with parents at all
levels facing the tumultuous teen years!"—*Parents Weekly*

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How can we avoid sheltering our kids into such a dangerous state of fragility? If we want to raise young adults who know how to solve problems, we must let them have problems to solve while they are still adolescents. Yet it's harder and harder to find parents willing to expose their children to difficulty. More often, parents keep their teens busy in adult-supervised activities so there is no time for trouble, or rush in to solve problems instead of leaving the solution in their teens' shaky hands. If Mom thinks that Kayla's boyfriend isn't good enough for her, she steps in with unsolicited advice and might even call around town to

find a better one. If Jack is afraid to raise his hand in geometry class and ask the teacher to explain concepts he doesn't understand, his parents hire a friendly tutor to come to the house after school. When Ariella has her second fender bender in the school parking lot, her parents pay for the damage to both cars and let stressed-out Ariella skip Grandma's birthday party to soothe her nerves with a soak in the tub. Daniel's parents won't let him drive at night because *who knows* what kind of crazies might be out there?

It would be cruel for parents to abandon their teens to the trials of adolescence without any protection at all. But it is also unfair to lead teens to believe they are too weak or too delicate to learn how to sustain themselves emotionally, mediate disputes, tolerate unfamiliar situations, and negotiate bureaucracies. How to strike the right balance between appropriate guidance and restraint? The story of the Israelites' trip out of slavery in Egypt offers some clues.

The book of Exodus describes the quality of God's presence during the Israelites' travels as a "pillar of cloud by day . . . and a pillar of fire by night." This beautiful image is a model for parents whose children are wandering in the wilderness of adolescence. Like God, you stand by, providing shade and light when needed, but mostly you stand back. You detach. You wait to see if your child can solve problems on his own before stepping in; you let him experience the natural consequences of his poor decisions; and you give him the freedom to make mistakes, even big ones.

MOST SERIOUS DISCIPLINARY CHALLENGES IN U.S. SCHOOL SYSTEM

1940

1. talking in class
2. chewing gum in class
3. running in the halls
4. inappropriate dress
5. jumping out of line
6. not putting paper in the wastepaper basket

2000

1. drug abuse
2. lethal weapons in school
3. pregnancy
4. suicide
5. assault
6. robbery



ON SUBSTANCE ABUSE, PARENTING DOESN'T END WITH OPEN DIALOGUE

It does seem to me, however, that there is an important component that was absent from your editorial coverage. While parents must arm their children with the skills to protect themselves and educate their children regarding the devastating effects of alcohol abuse and drug use, the role of a parent does not end there. Quite frequently, the situations in which our teenagers find themselves in over their heads are facilitated by parents themselves, albeit unwittingly. Often, due to our passive compliance, our teenagers are found in situations where the temptations and pressures competing for their attention are simply too powerful and overwhelm their under-developed prefrontal cortexes. At such moments, it is not necessarily education and information that our teenagers lack, nor is there a lack of motivation on their part. They simply do not possess the psychophysiological wherewithal to safely manage and navigate these situations on their own. When—if, in fact—we actually sit down with our children and discuss the dangers of drugs and alcohol, it is quite possible that they are listening, tuned in and processing. But in no way whatsoever does that mean they possess the cognitive or emotional ability to make responsible choices in every setting....



...I fully recognize that we cannot, nor should we, attempt to monitor our teenagers' every move. It is important for teenagers to develop into self-sufficient adults, which *necessitates* both poor decision making and periodic failures. Such experiences are indispensable components for their healthy development and maturation. At the same time, it is nothing less than criminal for parents to allow teenagers to participate in unsupervised gatherings/events/parties/reunions etc., turning a blind eye to the real and present dangers that they will undoubtedly encounter. It is simply unfair and, I would argue, cruel for us to expect our teenagers to be able to withstand the lure of a drink, a puff or a hit, when surrounded by unsupervised peers.

"As if to prove his point, Adam Alter has written a truly addictive book about the rise of addiction. *Irresistible* is a fascinating and much needed exploration of one of the most troubling phenomena of modern times."

—MALCOLM GLADWELL

IRRESISTIBLE

THE RISE OF ADDICTIVE
TECHNOLOGY AND THE BUSINESS
OF KEEPING US HOOKED



ADAM ALTER

NEW YORK TIMES bestselling author of *DRUNK TANK PINK*

GLOW KIDS

HOW SCREEN ADDICTION
IS HIJACKING OUR KIDS—AND
HOW TO BREAK THE TRANCE

NICHOLAS KARDARAS, Ph.D.

"Savvy and insightful."

—New York Times

ALONE TOGETHER

WHY WE EXPECT **MORE** from
TECHNOLOGY and **LESS**
from EACH OTHER

SHERRY TURKLE

NEW YORK TIMES BESTSELLER

RECLAIMING CONVERSATION

THE POWER OF TALK
IN A DIGITAL AGE



"A singular voice in the discourse about technology."

—Jonathan Franzen, *The New York Times Book Review*

SHERRY TURKLE

AUTHOR OF *ALONE TOGETHER*

The Klal Perspectives Journal

A Forum for Discussion of Challenges Facing the Torah Community

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Dr. David Pelcovitz

by Editor on November 17, 2015

Klal Perspectives, Technology

To read this issue's questions, [CLICK HERE](#).

Isolation versus Inoculation:

Guidelines for Parents in Meeting the Challenge of Digital Technology

When I address parents in our community about their role in ensuring their children's responsible use of digital technology, they are consistently open to adopting a systematic and logical approach. Their level of receptivity, however, is significantly raised when the guidance acknowledges the complexity of what Rabbi S. R. Hirsch

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RECENT POSTS

Research on the psychology of change suggests two relevant components of the mind-set of parents in approaching the challenges posed by digital technology:

1. A mind-set that views a task as a “challenge” rather than a “threat” results in more effective interventions including: greater persistence, more productive thoughts and problem-solving strategies and more efficient physiological responses.

2. Canadian philosopher and author Robertson Davies, famously said: “The eye sees only what the mind is prepared to comprehend.” When there is clarity about the nature of a challenge, effective intervention is more likely.

Parents, not schools or community leaders, must assume the primary responsibility for helping children manage technology use intelligently. During a recent talk that I gave at a Bais Yaakov high school, the overwhelming majority of the girls shared that they had virtually no discussions with their parents about rules and guidelines for prudent use of the Internet or social media sites... Parents seem to be spending very little time discussing the more subtle issues raised by digital technology, such as the increased dangers of being cruel to others in the anonymous settings of digital discourse or the tendency to think and interact in more shallow and superficial ways. For parents who strongly value depth of thought and learning as well as the primacy of proper behavior in the sphere of **בין אדם לחבירו**, discussions about these more subtle aspects of digital behavior are an essential component of parental responsibility.

Over the last decade, studies have consistently shown that the most effective parenting style in helping children deal with digital technology is an authoritative approach. Put simply, parents must assume the role of setting firm limits regarding their child's use of technology.

This does not suggest that a parent should employ an excessively strict authoritarian style that fails to pay attention to the child's point of view, but is rather an observation that a permissive parenting style is counter-productive, and parents must assume an assertive role. As Chazal tell us, the key to wise parenting is to find the balance between “ שמאל דוחה וימין מקרבת – The left hand pushing away while the right hand brings closer.”



iRules

WHAT EVERY
TECH-HEALTHY FAMILY NEEDS TO
KNOW ABOUT SELFIES, SEXTING,
GAMING, AND GROWING UP

Janell Burley Hofmann

Creator of the iRules contract

Dear Gregory

Merry Christmas! You are now the proud owner of an iPhone. You are a good & responsible 13 year old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership. I love you madly & look forward to sharing several million text messages with you in the days to come.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?
2. I will always know the password.
3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.

4. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.
5. It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.

6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.
7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.
8. Do not text, email, or say anything through this device you would not say in person.

9. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
10. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person – preferably me or your father.
11. Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear – including a bad reputation.

13. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

14. Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO – fear of missing out.

15. Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16. Play a game with words or puzzles or brain teasers every now and then.

17. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone. Merry Christmas!

xoxoxoxo

Mom

רמב"ם הל' דעות א:ד - הדרך הישרה היא מדה
בינונית שבכל דעה ודעה מכל הדעות שיש לו לאדם
והיא הדעה שהיא רחוקה משתי הקצוות ריחוק שוה
ואינה קרובה לא לא ולא לזו לפיכך צוו חכמים
הראשונים שיהא אדם שם דעותיו תמיד ומשער אותם
ומכוין אותם בדרך האמצעית כדי שיהא שלם
בגופו... ודרך זו היא דרך החכמים כל אדם שדעותיו
דעות בינונית ממוצעות נקרא חכם.

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