

PREPARING KIDS TO LAUNCH

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WILL MY CHILD BE READY TO.....

- Manage a college curriculum
- Clean up after himself/herself
- Make new friends
- Handle a relationship break up
- Make safe choices
- Manage money



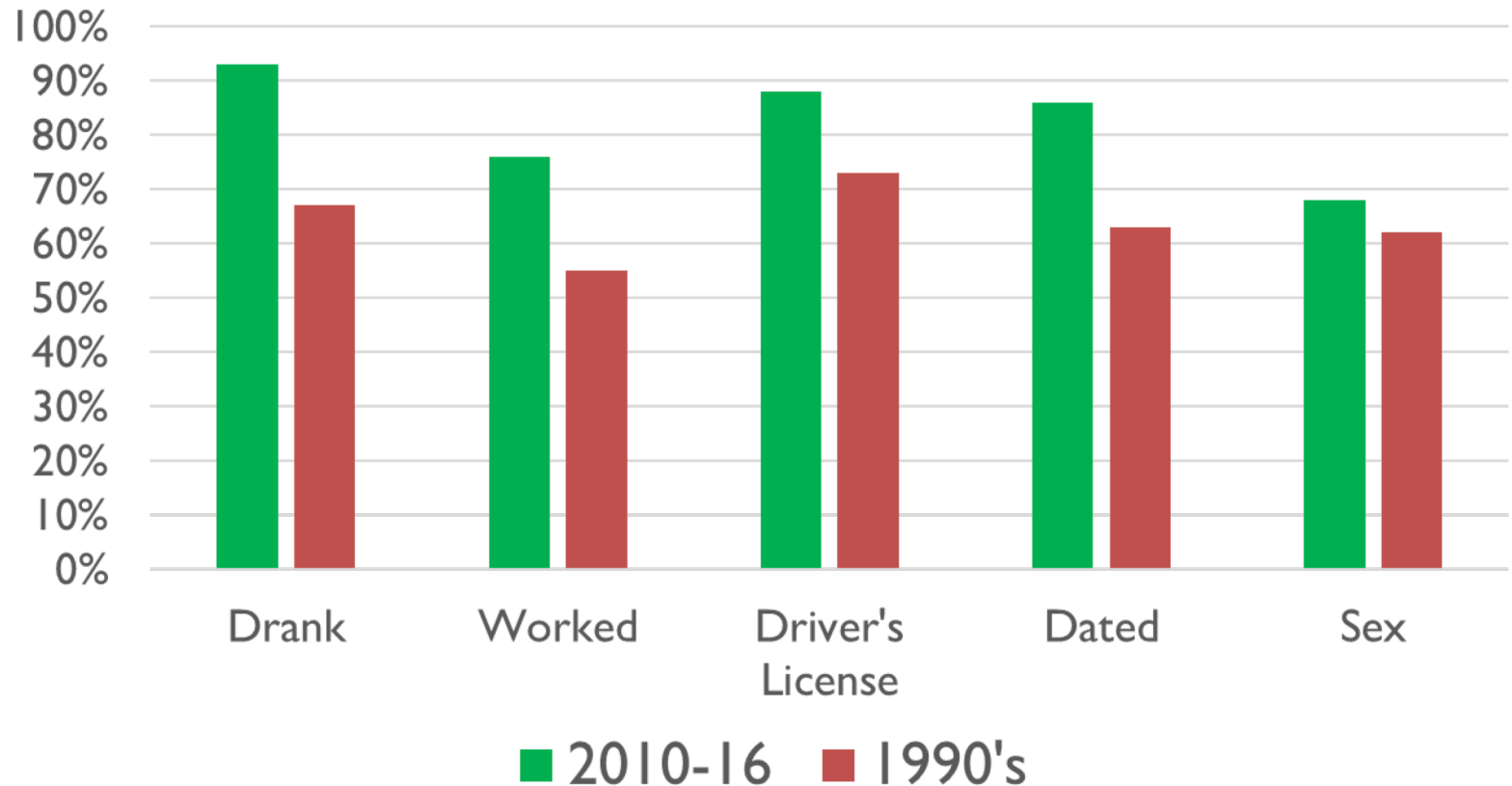
SLOW ROAD TO ADULTHOOD

8th and 9th graders comparing 1990's to 2010-16



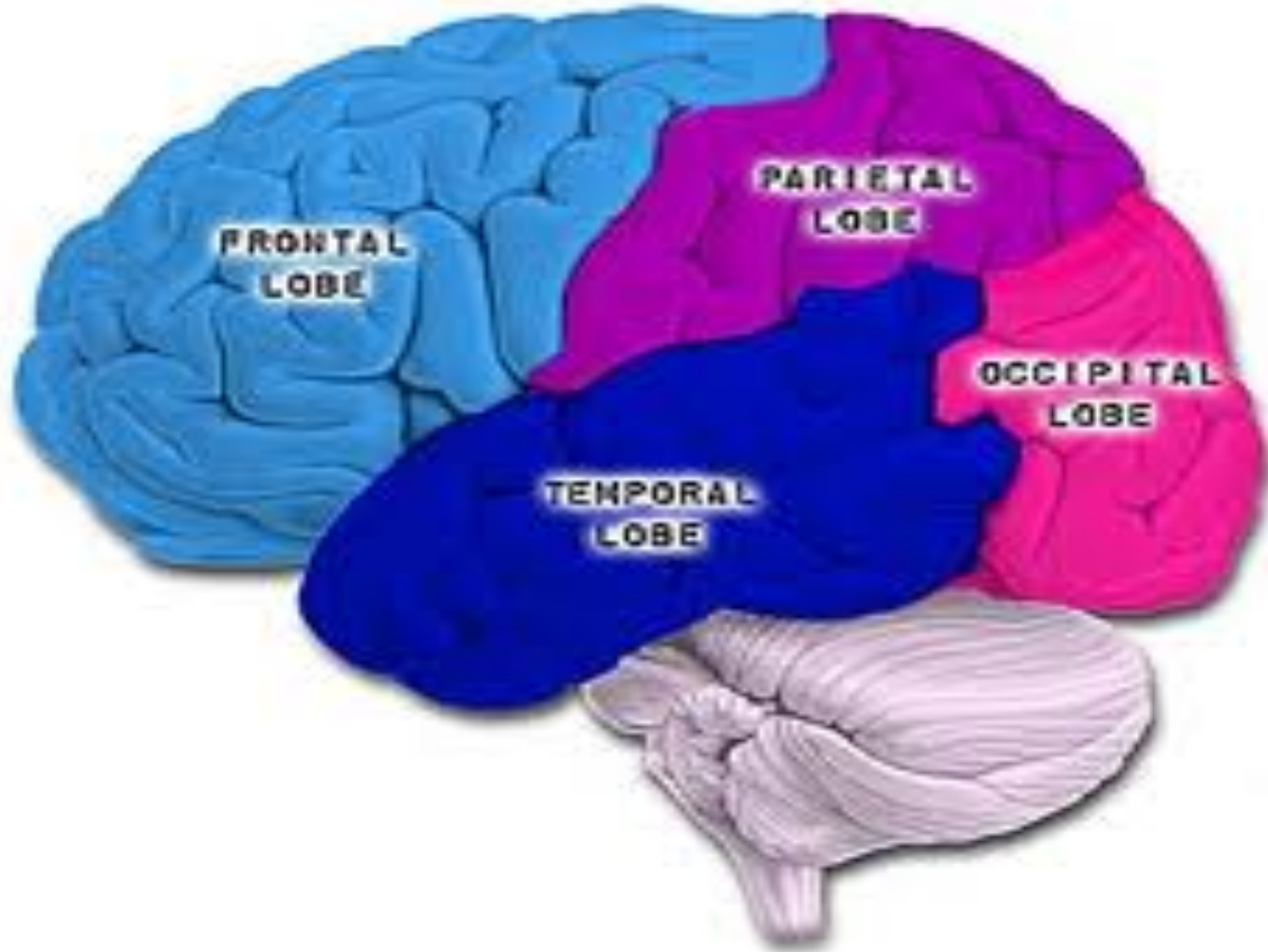
SLOW ROAD TO ADULTHOOD

12th graders comparing 1990's to 2010-16





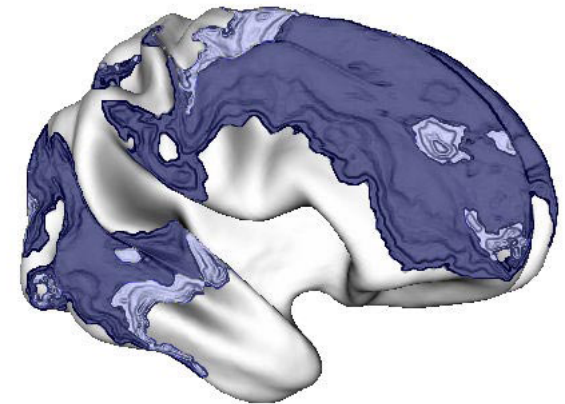
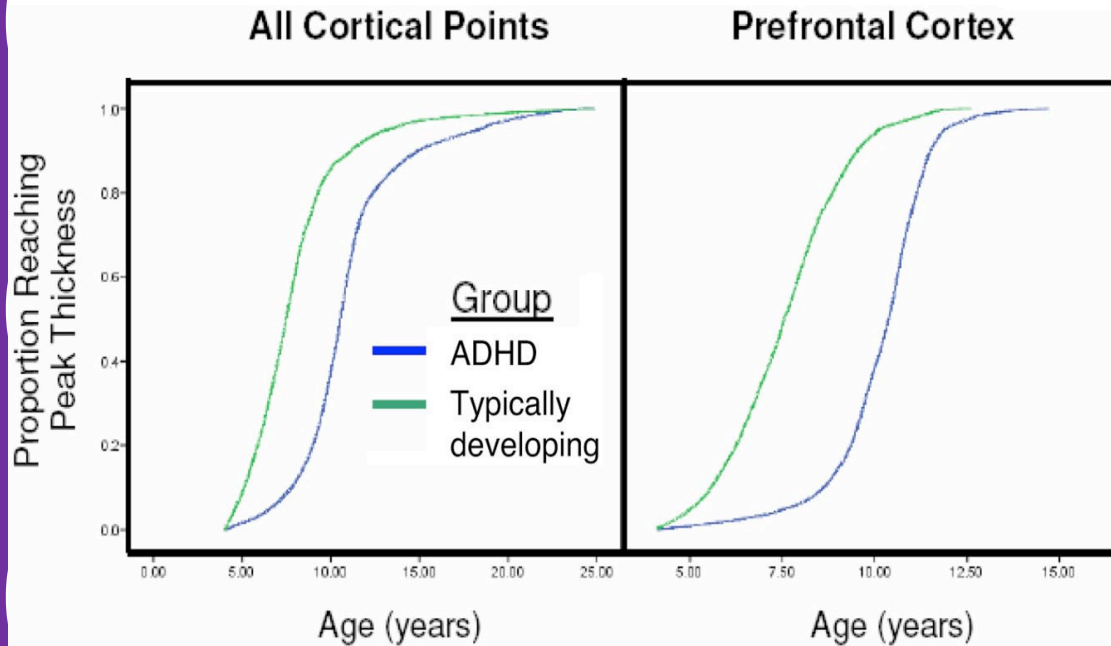
FRONTAL CORTEX



PHINEAS GAGE

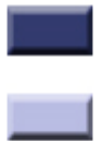


ATTENTION-DEFICIT/HYPERACTIVITY DISORDER IS CHARACTERIZED BY A DELAY IN CORTICAL MATURATION



**824 MRI of 223 children with ADHD and 223 Controls;
Longitudinal data; mean interval btwn scans 2.8 years**

Greater than 2 years delay
0 to 2 years delay

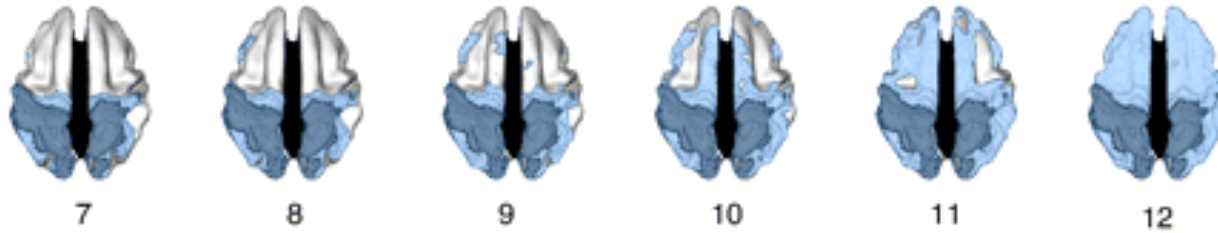


P. Shaw et al, *Proc Natl Acad Sci*, 2007, 104:19649-19654

DELAYED PEAK IN CORTICAL THICKENING SEEN IN ADHD

A

ADHD



Typically developing controls

B

ADHD



Typically developing controls

IDENTITY CRISIS

A period of uncertainty and confusion in which a person's sense of identity becomes insecure, typically due to a change in their expected aims or role in society.

-Erik Erikson-



PARENTING ROLL EVOLVES

- Coach



- Manager



- Consultant



DEVELOP BI-DIRECTIONAL RESPECT

- Focus your teen's attention on who they really want to be
- Find common ground – safety, helping the family
- Stick to the big picture
- Remind your teen that parents are learning to let go to

HELP BUILD YOUR TEENS EXECUTIVE FUNCTIONS

5 Steps to Raising Organized Kids

- Be consistent
- Introduce order
- Give everything a place
- Practice forward thinking
- Promote problem solving

BE CONSISTENT

- Natural consequences
- Consistent rules, limits, boundaries
- Emphasis is always on the big picture

INTRODUCE ORDER TO TEACH SEQUENTIAL ORGANIZATION

- Time management
- Beginning, middle, and end
- Closing

CONSIDER SPATIAL AWARENESS

- Material management
- Spatial organization
- Clean up

PRACTICE FORWARD THINKING

- Anticipating
- Estimating
- Planning

PROMOTE PROBLEM SOLVING

- Flexible thinking
- Perspective taking
- Creativity and imagination
- Big picture
 - 4HS
 - Health
 - Hygiene
 - Homework
 - Household chores
 - Socializing

PREPARING CHILDREN TO LAUNCH

- Promote the development of executive functions
- Introduce your teen to the “Real World”
- Allow your teen to struggle and fail
- Emphasize the big picture
- Be patient



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Center for Developing Minds

Where all great minds do NOT think alike

- A specialty clinic in the Silicon Valley devoted to developmental and behavioral pediatrics. The Center for Developing Minds provides care for children and young adults who struggle at home and school due to developmental variations.
- www.Devminds.com
 - Family Resource Page
 - Free Child Development Chats
- Center for Developing Minds on Facebook

