



Are My Kids on Track?

Book by M. Trevathan, S. Goff, and D. Thomas

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Lots of emphasis on physical and academic milestones in our culture.

But what about the heart and it's development?

But often we are trying to develop skills that we don't possess ourselves and we "get stuck".
"We have to become emotionally, socially, and spiritually developed adults before we can walk our children toward these milestones."

Emotional Milestones:

Emotional Vocabulary
Perspective
Empathy
Resourcefulness

Social Milestones:

Awareness
Reciprocity
Ownership
Boundaries

Spiritual Milestones

Foundation
Identity
Mercy
Meaning

Emotional Milestone: Emotional Vocabulary

Stumbling Blocks for Boys:

Cultural Influences
Strong Emotions
Wild Cards

Building Blocks for Boys:

Relationship
Naming
Exposure

Stumbling Blocks for Girls:

Pressure to Please
Pressure to Perform
Need for Control

Building Blocks for Girls:

Give her Words
Give her Safety
Give her Models

Emotional Milestone: Perspective

Stumbling Blocks for Boys:

Intervening
Discipline
Coddling

Building Blocks for Boys:

Space
Practice
Cue

Stumbling Blocks for Girls:

Drama
Family Noise
Lowered Threshold

Building Blocks for Girls:

Drama-mometer
Time
Consequences

Social Milestone: Awareness

Stumbling Blocks for Boys:

The Boy Brain
Reading the Nonverbal
Competition

Building Blocks for Boys:

Cues
Role Play
Mothers and Sisters

Stumbling Blocks for Girls:

Something Deeper
Middle School
Screens and Social Media

Building Blocks for Girls:

Modeling
Experience
Pets

Social Milestone: Boundaries

Stumbling Blocks for Boys:

ATM Parenting
Approval Parenting
Short-term Parenting

Building Blocks for Boys:

Enforceable consequences
Parent Huddle
Contracts

Stumbling Blocks for Girls:

'Not-enough'-ness
'Too-much'-ness
Passive Aggressiveness

Building Blocks for Girls:

A Good Mixture
A Good Template
A Good Dose of Assurance

Spiritual Milestone: Foundations

Stumbling Blocks for Boys & Girls:

Extreme Parenting
Unsafe Homes
Grasshopper Parenting

Building Blocks for Boys & Girls:

Relationship
As We Go Along-ness
Imaginative Play

Personal Commentary on this Book:

This is not the kind of book you want to read quickly.
This would be a great book to read in a book group with other parents.
These are not "checklist" skills - they are not easily acquired.
Parents need to take the long view of parenting.
Take some of the suggestions given and fold them in as you go.
Remember: Practice makes *progress* - not perfect.

Trevathan, M., Goff, S, & Thomas, D. *Are My Kids on Track? The 12 Emotional, Social, and Spiritual Milestones Your Child Needs to Reach* Bethany House Publishers (February 14, 2017) [Order on Amazon](#)