

5 Things You Need to Know about Your Daughter

- *She is relational. Much of life will be viewed through a relationship lens, and she needs help processing the complexity of relationships.
- *She will be hard on herself. Research shows that boys, when they fail, are more likely to blame others, while girls are more likely to blame themselves.
- *She is strong verbally. Use this to help her talk through her emotions and perceptions.
- *She needs to be encouraged to have a voice. Girls can easily shrink back in school settings because of their fear of what others think.
- *She will see herself through your eyes. Encourage her at every opportunity.

5 Things You Need to Know about Your Son

- *He is relational too. But eye to eye can feel threatening to him. Sometimes our best conversations happen side by side (walking the dog) or while engaged in a task (shooting hoops, building Legos).
- *He needs you to catch him being successful. He may spend much of his day being told “stop that, don’t, no,” or “quit fidgeting.” Catch him being helpful, focused, obedient and kind.
- *He is an experiential learner. Rather than lecturing him about fighting with his sister, simply name the behavior and tell him he will “give back” to her now by taking a daily chore of hers.
- *He is weak in the ability to regulate. Help him develop this muscle by waiting until you finish a phone call, returning library books on his own, and standing in line patiently.
- *He will benefit from breaking things down - doing homework with a timer for 15-30 minutes and taking an active break or finishing one chore and reporting back to you before being instructed on the next one.

Excerpts taken from How Boys and Girls Learn Differently (Parent Life, September 2013)