

BRAD SACHS, PH.D.

Suite 3
Stevens Forest Professional Center
9650 Santiago Road
Columbia, MD 21045

410-964-2206 (telephone)
410-964-2237 (facsimile)
www.bradsachs.com
brad@bradsachs.com

**GETTING SCHOOL RIGHT:
Helping Kids Stay Healthy, Happy, and Engaged**

A secure emotional attachment to parents and teachers is the prerequisite for successful learning

Children initially “work for love” and only when this connection is solidly established will they display a “love of work”

Children are much more likely to grow and change for the better if they know that they’ll be loved and accepted for staying the same

Effective teaching, at home and at school, requires an evolving combination of gratification and frustration...consistently trying to make things easy for children always creates great difficulties

When it comes to education, the parent’s main job is to stimulate the child’s independence, time management, intellectual curiosity and love of learning

**Children have many important agendas besides gratifying their parents
Lagging in achievement and accomplishment is the most common rebellion against excessive parental anxiety, pressure, and ambition (“They can take away my Ipod and my laptop, but they can’t take away my failing grades”)**

The child’s *self-confidence* ultimately derives from knowing that s/he can make mistakes without feeling like a failure

The child’s *self-respect* ultimately derives from managing responsibilities with autonomy and maturity

The child’s *self-esteem* ultimately derives from his/her *own* recognition of his/her accomplishments, not the recognition of others

Seeing your child as “Good Enough” does not mean settling for the child you have while secretly yearning for someone else’s child—it means loving your child not only *in spite of*, but *because of*, his/her flaws and imperfections, and emphasizing what you want *for* your child over what you want *from* your child

In the end, it’s not what you do and what you have, but who you are and how you love that truly matters