



THE
BEAR CREEK
SCHOOL

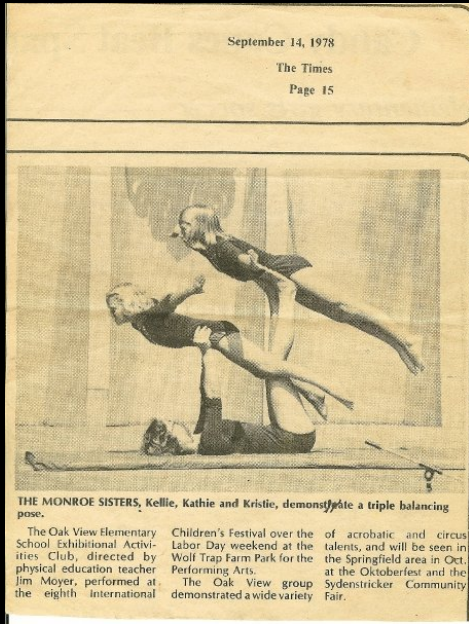
The Culture of Competition

A Healthy Perspective

Donna Dunn and Kellie Anderson

The Bear Creek School

Introduction



Academic

Athletic

Parenting

Academic Pressure

Where does it come from?



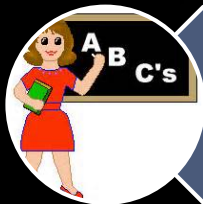
Parents



Peer Influence



Internal Messages



School culture

Parental Expectations



Emotional and financial investment
We want the best for our children



How do you define success for your child? For yourself as a parent?
"If I had it to do over again, I would..."



The Launching Years
by Laura Kastner
My college transcripts



Successful friendships = Happiness
Brain Rules by John Medina

Peer Influence



Relative Deprivation
Samuel Stouffer



David and Goliath
by Malcolm Gladwell
"Best fit" proponent



Brady in preschool
Sarah – SATs
Kathryn's co-worker

Perfectionism



Parental Modeling or Overpraise
Innate in child



Preschoolers! Marva Collins
No erasers; "choose your
favorite"

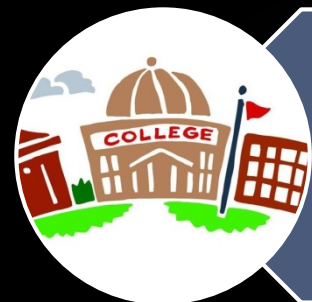
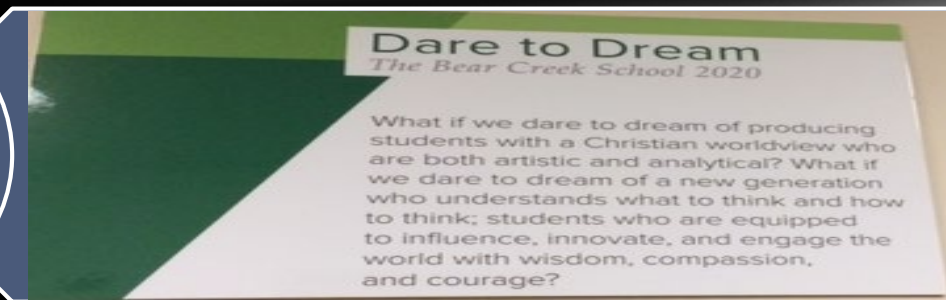


What is your child telling herself?
Moving to Kindergarten
"Do your best."

School Culture-Teaching the Whole Child



Kids learn through play
Cooperative – working together
Competitive – good sportsmanship



David and Goliath:
Academic self-concept

What can we do?



Adopt a broader framework
as benchmark of success



Respect your child as an individual
Embrace his unique gifts and calling



Allow child to take ownership of as much
of his/her academic career as possible



Negotiate boundaries



Praise your child for things he/she can control
Foster character qualities such as hard work and
perseverance



Help your child resist the temptation
to compare him/herself with others
Focus on personal goals and calling

Athletic Competition



Big Picture: 70% of all young people are done competing in a team sport activity by the age of twelve.

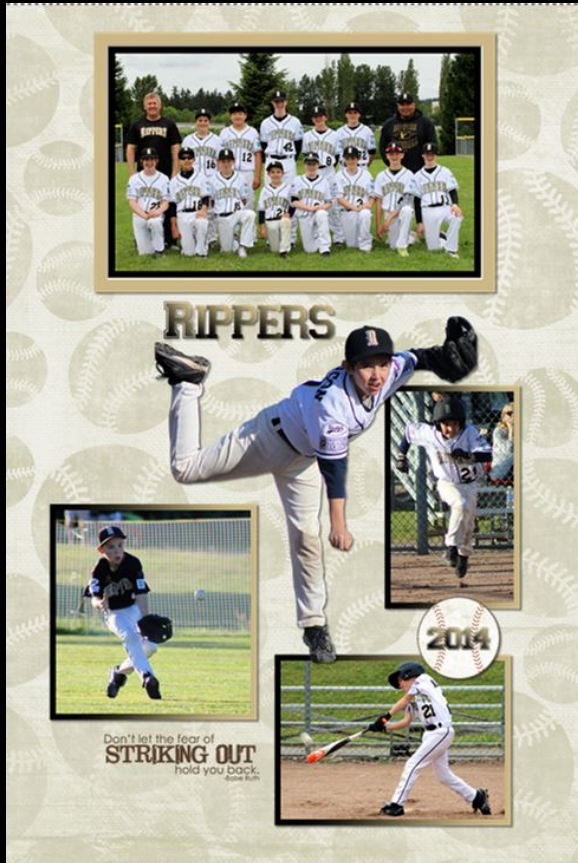


Specialization
Year-round training
Health effects



Avatar parents
Tim Elmore-- Growing Leaders

Parent Responsibilities



Before the game:
Agree with child on expectations
Release child to the experience

During the game:
Model poise and confidence
Keep focus on team

After the game:
Give child space and time
"I love watching you play"

The Matheny Manifesto
Teaching Character through Sports
by Bruce Eamon Brown

Child Responsibilities

Set personal, specific goals
Focus on what he can control

Work hard

Have fun!

Parenting Pressures

All these moms are on Pinterest making their own soap and reindeer-shaped treats, and I'm all like "I took a shower and kept the kids alive."



somee cards
user card

"The Perfect Parent"
Facebook,
Pinterest

Emotional Health Check

Know Thyself
Parenting often reflects upbringing

See child as unique individual,
separate from you, with own gifts,
passions and purpose

Allow child to fail

Parent/Child relationship
See the big picture and bring child back to
reality when necessary



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