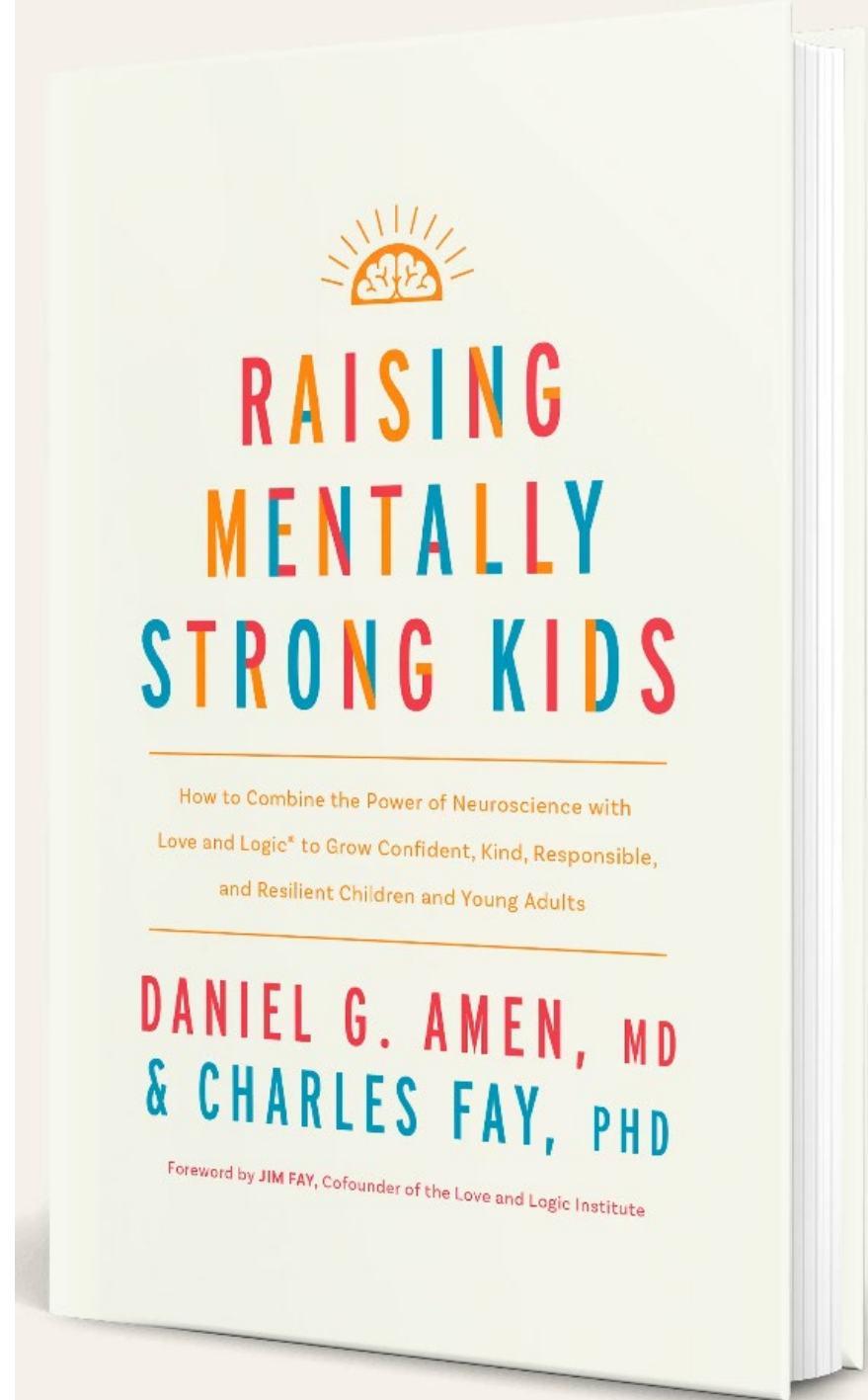


# Raising Mentally Strong Kids

Book by Daniel  
Amen, MD and  
Charles Fay PhD





# It All Begins Here

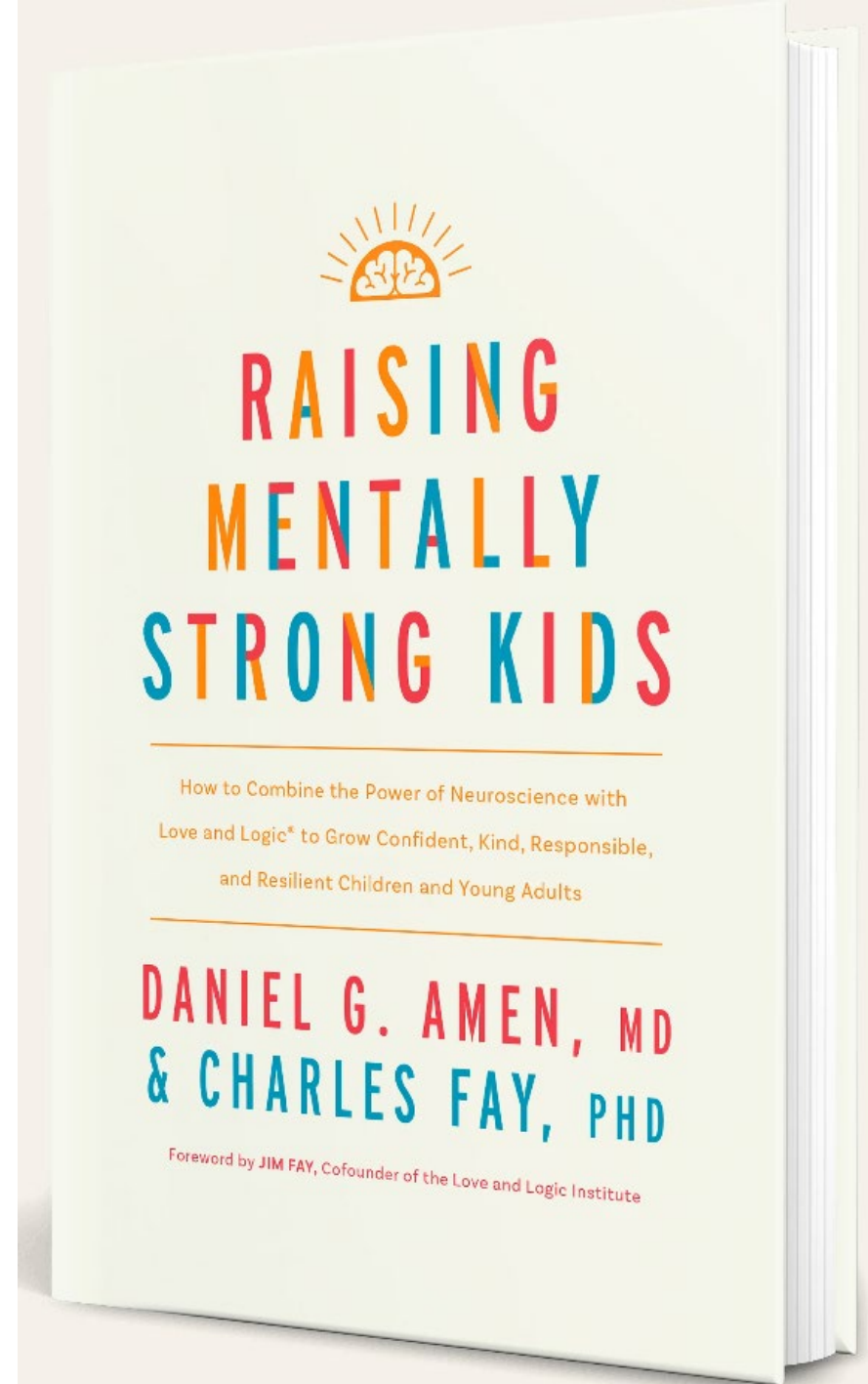
18 months - 3rd grade

**How to Combine the Power of Neuroscience  
with Love and Logic to Grow Confident, Kind,  
Responsible and Resilient Children.**

# Introduction

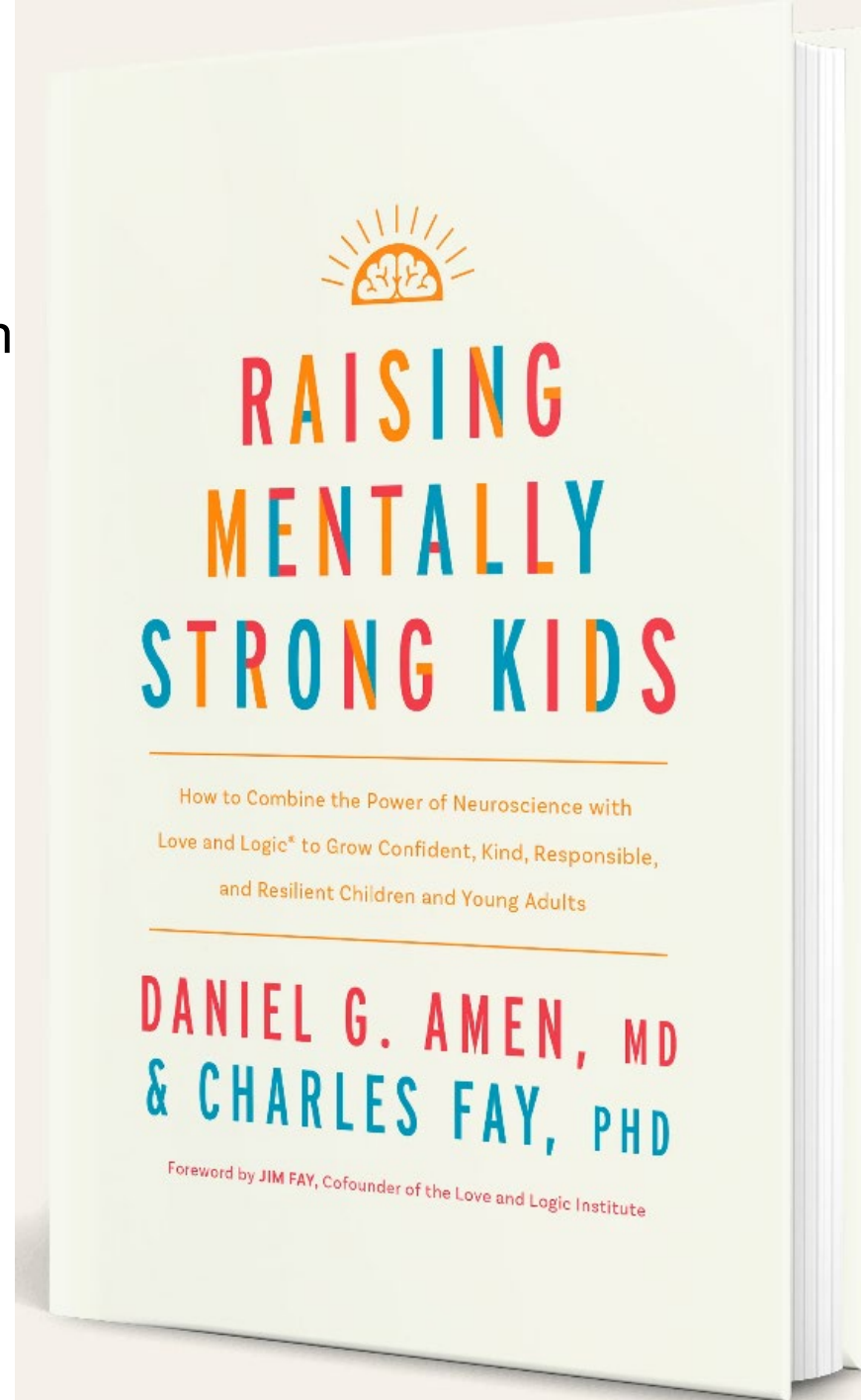
## What Does “Mentally Strong” Mean?

- Ability to handle challenges and stress
- Emotional control and confidence
- Problem-solving skills
- Responsibility and independence
- Healthy relationships and decision-making



# Purpose of Book:

- Help parents raise physically and emotionally healthy children
- Combine neuroscience with practical parenting
- Promote bonding and relationship with your child
- Set healthy boundaries for yourself and your children
- Teach children life skills instead of overprotecting them
- Encourage resilience, responsibility, independence, and grit
- Manage anxiety, stress and behavioral challenges
- Stop beating yourself up for not being a perfect parent
- Resolve power struggles with calm, logical responses
- Help your child build empathy, kindness and self-regulation
- Know what to do when brain and mental health issues arise

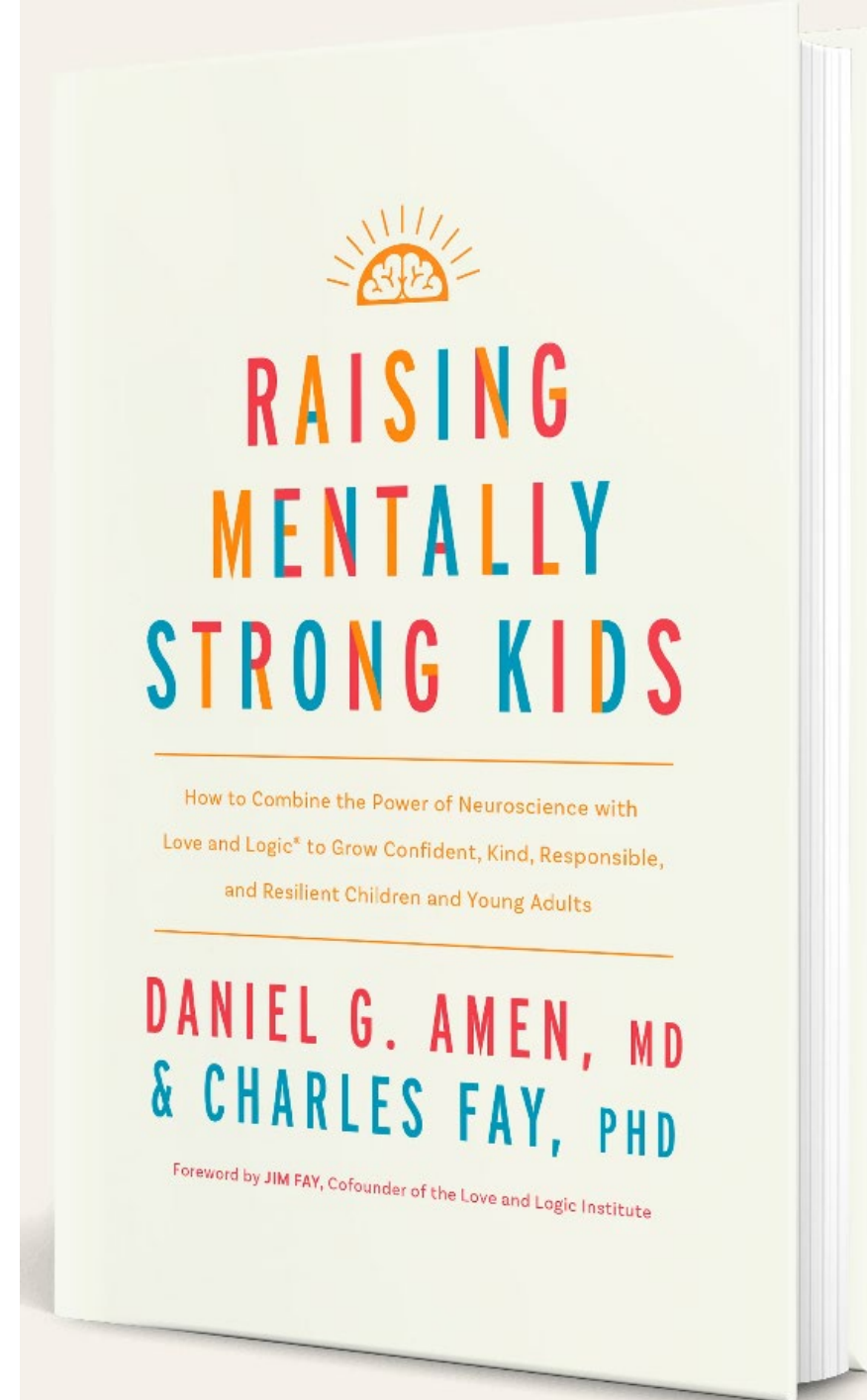


# Importance of Brain Health

## Healthy Brain = Strong Mind

Brain-Based Parenting - Children's mental, emotional and behavioral well-being is strongly connected to brain health.

- **Healthy nutrition** (omega-3 fatty acids, antioxidants, nutrient-rich foods. Balanced diet, limit sugar and processed foods)
- **Good sleep habits** (consistent bed/wake routines, time)
- **Physical exercise** (enhances mood, cognition and reduces stress, Build fun, life-long healthy habits early)
- **Manage screen time** (ideally <1 hour daily, face-to-face interactions, reading, creative play, outdoor activities,)
- **EQ, stress management** (mindful, deep breathing, recognize, discuss, manage feelings, what to do when experience negative emotions - sad, mad, scared, etc.)



# Parenting Styles

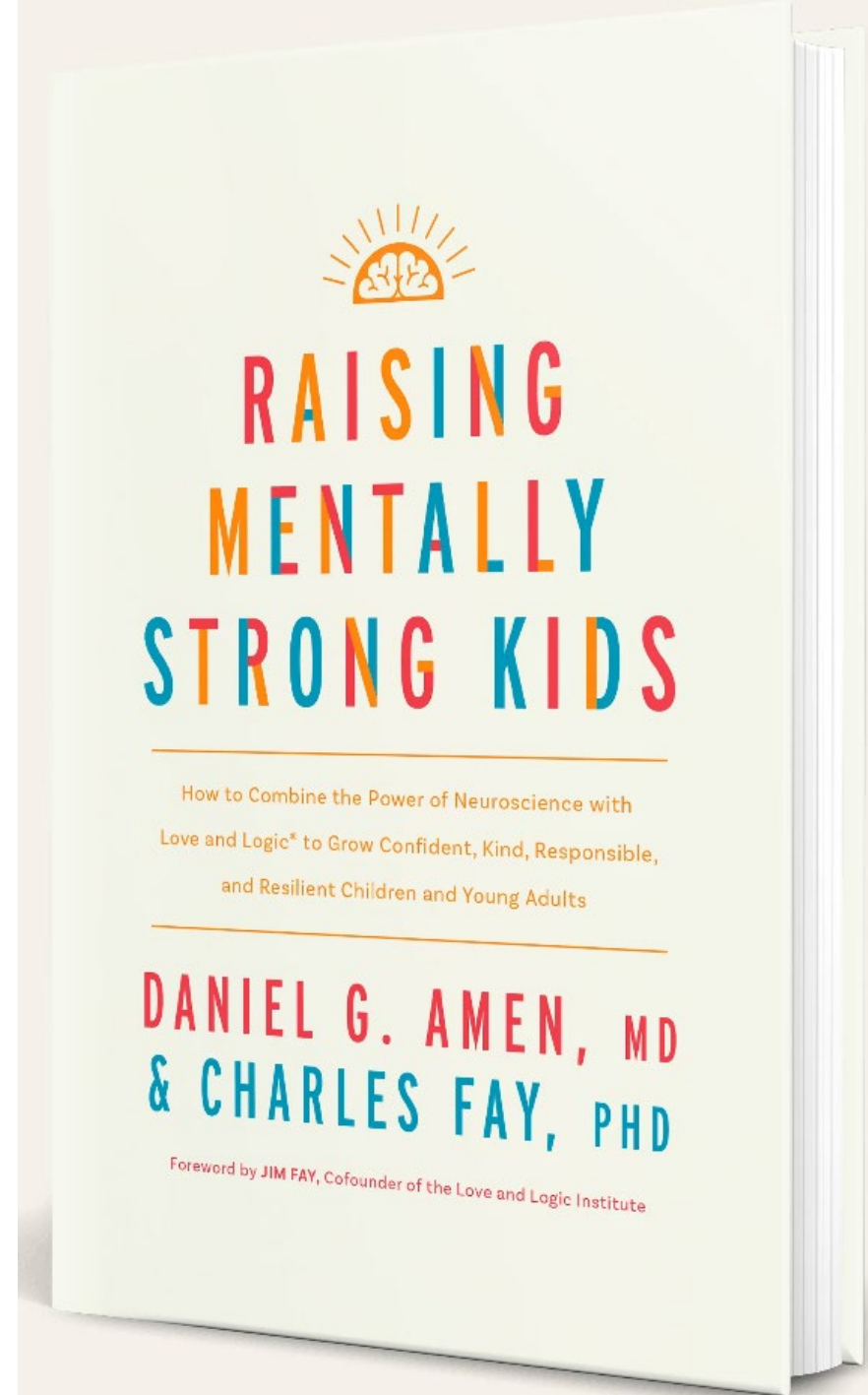
## Effective vs. Harmful Parenting

### Harmful Parenting

- Helicopter (Loving and Permissive)
- Drill Sergeants (Hostile and Firm)
- Uninvolved (Hostile and Permissive)

### Effective Parenting (Consultants - Loving and Firm)

- Loving, supportive and firm home environment
- Calm, open communication (clear expectations, consistent encouragement, praise and discipline)
- Teaching problem-solving skills and responsibility
- Allowing natural consequences



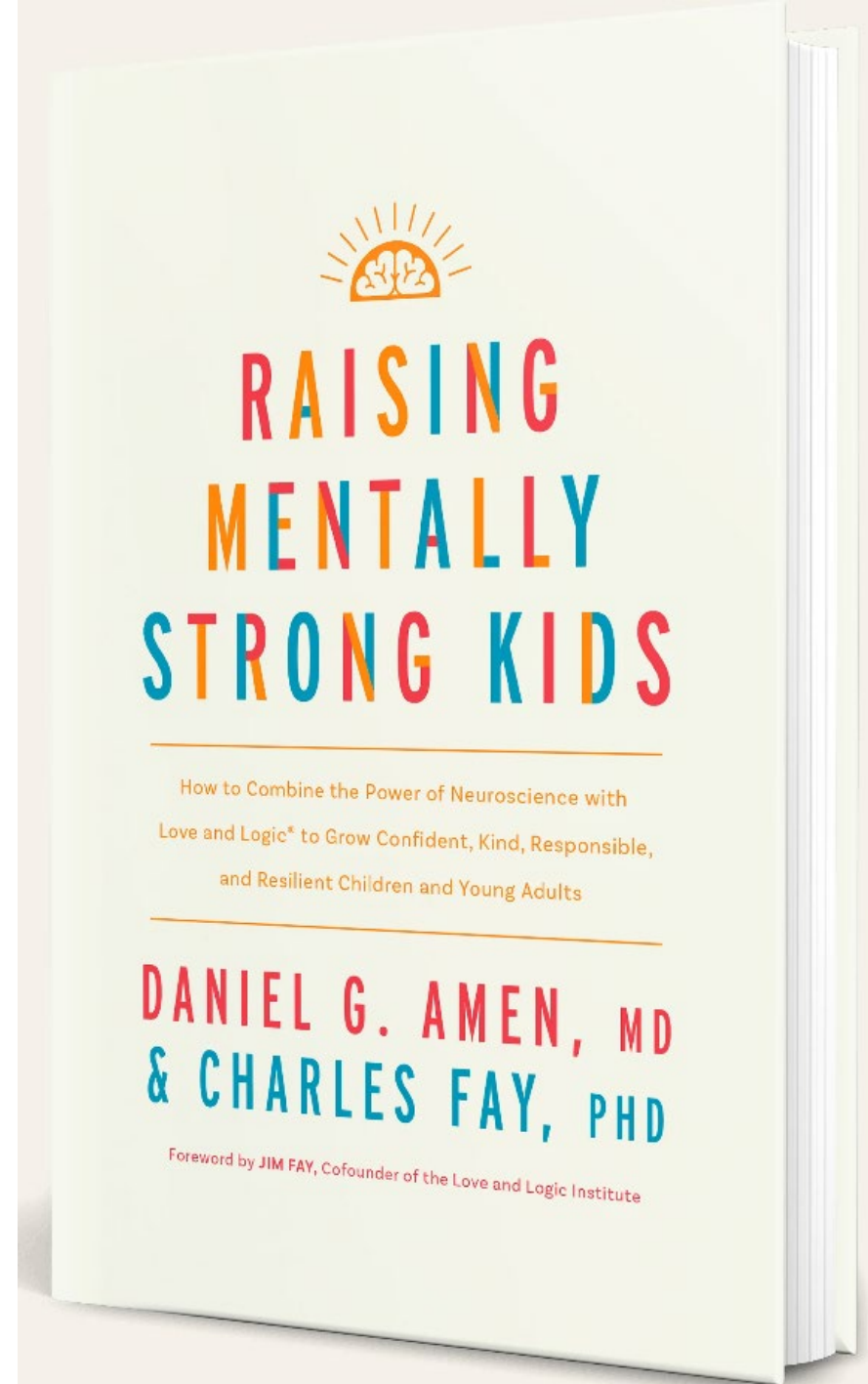
# Teaching Responsibility

## Let Children Learn from Experience

- Children grow through mistakes
- Parents should guide, not control
- Natural consequences teach accountability
- Encourage problem-solving and agency

Example of an “affordable mistake”

“If you forget homework, you learn to be more organized next time.”



# Emotional Regulation

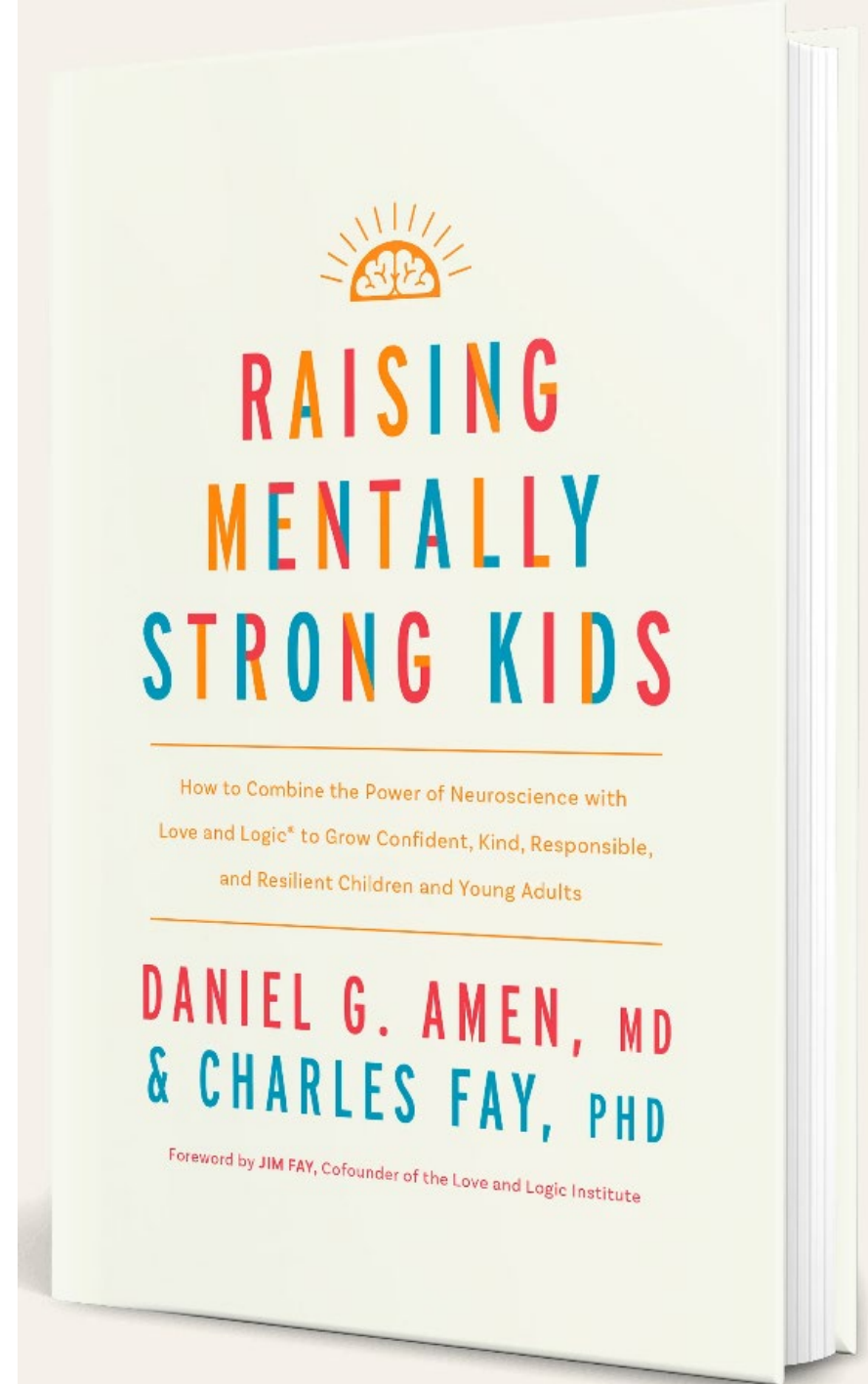
## Helping Kids Manage Emotions

Parents should:

- Stay calm during conflicts and tantrums
- Teach children to express feelings respectfully
- Encourage self-control
- Model positive behavior
- Important lesson:

***Children learn emotional habits from adults.***

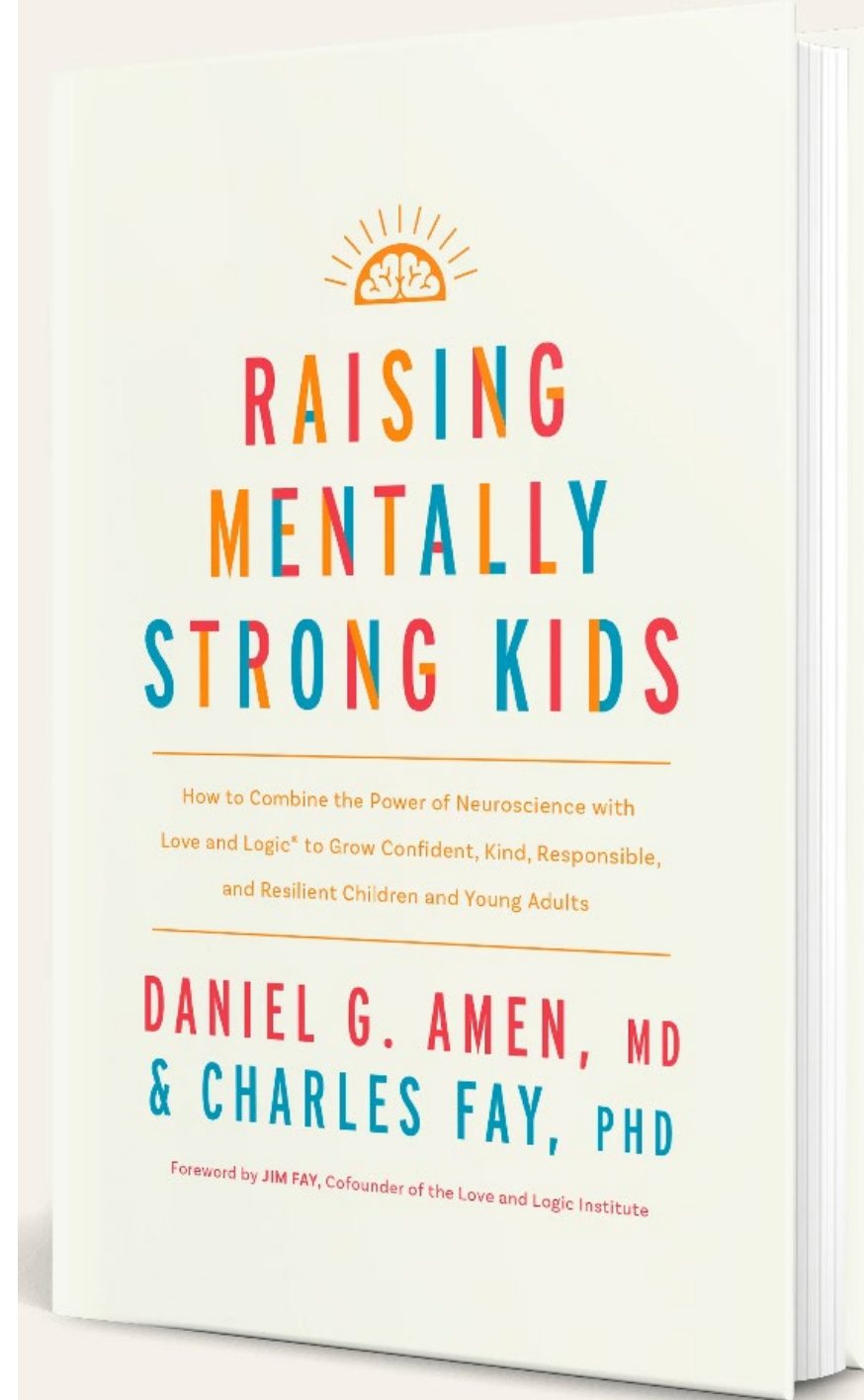
***Consciously model the behaviors we want our children to adopt***



# Building Resilience

## How to Raise Resilient Kids

- Encourage age-appropriate independence
- Praise effort and perseverance, rather than perfection and fixed traits. Ability and intelligence can develop with focused attention (Growth Mindset)
- Teach problem-solving and coping skills. Challenge Automatic Negative Thoughts ANTs and teach children to replace them with constructive, optimistic perspectives that boost self-esteem and help to flourish in the face of adversity
- See challenges as opportunities for growth, rather than obstacles and help children recover from failure
- Seek professional support when needed and destigmatize mental health concerns



# Technology and Mental Health

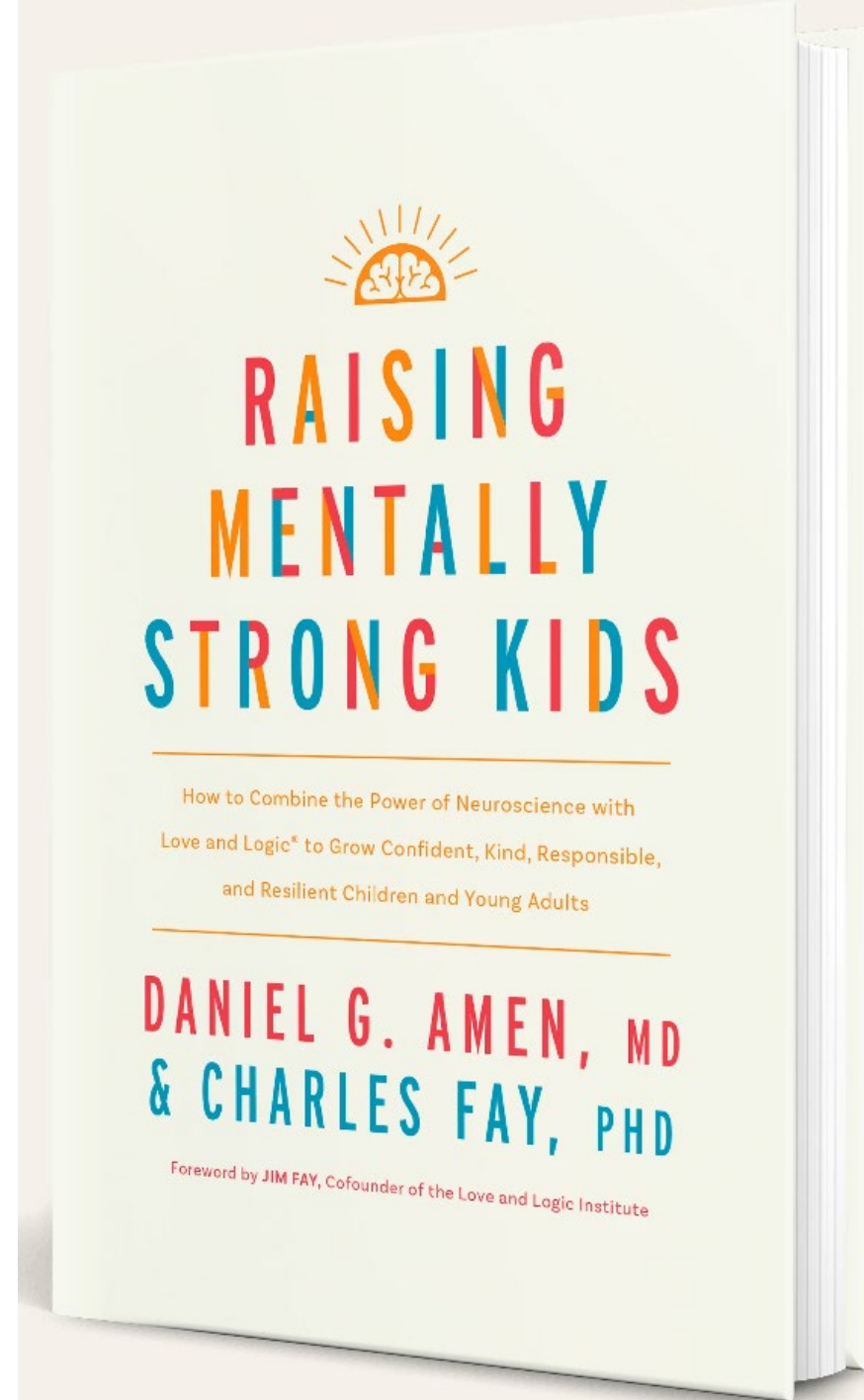
## Managing Screen Time (Both for parents and children)

The book warns about:

- Technology addiction
- Reduced attention span
- Sleep problems
- Anxiety from overstimulation and social media

Suggestions:

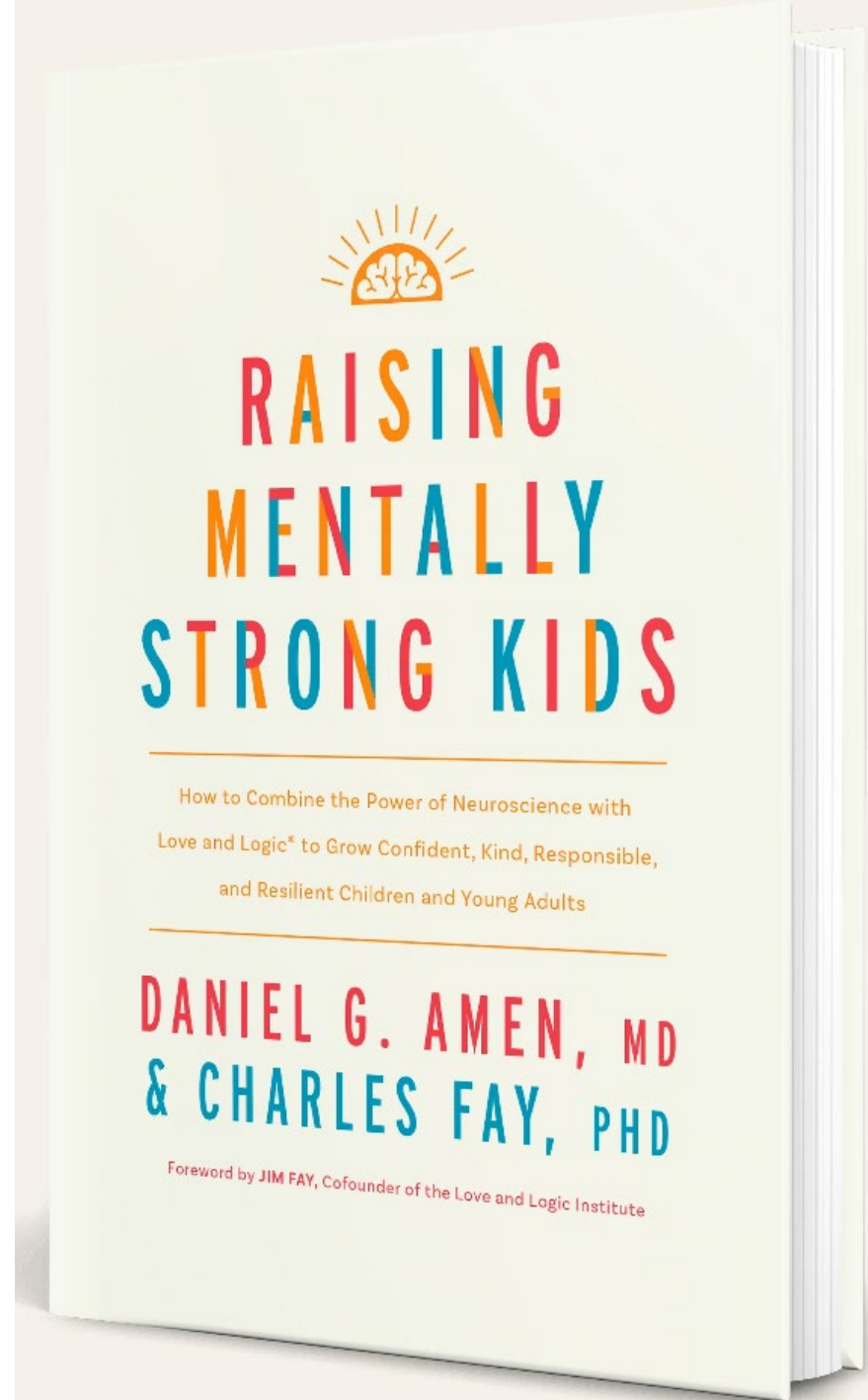
- Create screen-time limits
- Encourage outdoor activities
- Promote family interaction



# Discipline with “Love and Logic” Method

## Lead by Example

- Respectful and clear communication
- Empathy with consequences
- Shared problem-solving, teaching responsibility
- Firm, kind and consistent boundaries
- Encourage resilience
- Goal: Raise caring, responsible and confident children
- “When parents stay calm, consistent, and supportive, children develop the strength to succeed in life.”



# Key Lessons from the Book

## Important Takeaways

- **Be Present** - Strong relationships matter most. Build bonding and attachment through undistracted physical time
- **Model Mental Strength and Care for Yourself** - Mental strength develops over time. Children learn most from what they see
- **Loving Authority is Essential** - Children need both love and limits to feel secure
- **Listen Actively** - Repeat what you hear and listen for feelings without immediately jumping in to solve the problem. Mistakes are opportunities for growth
- **Healthy habits support emotional well-being**

