

MIND in the Making

The Seven Essential Life Skills Every Child Needs

PRESCRIPTIONS FOR LEARNING

Caring for Pets

Promoting the Life Skill of Self-Directed, Engaged Learning in School Age Children
Four Strategies That Work in Moving from Managing Children's Behavior to Promoting Life Skills

Question: My son has been bugging us to get a family pet. I am resistant because I fear that the bulk of the responsibility in caring for the pet will fall on me. Any advice on choosing a pet that my son can reasonably contribute to its care?

Jack Shonkoff of Harvard University says, "The drive to master our environment is a basic human characteristic from the beginning—from birth." You can offer your child an opportunity to become a master by building strategies to prepare and plan for a pet.

- 1. Talk with your child about why he wants a pet.** Your child's desire for a pet may be motivated by a social reason, such as his friends have dogs and he'd like one, too, or an emotional reason, such as he thinks a pet would make a good companion. Helping your son understand why he wants a pet will help you understand why it is important to him and also what kind of pet would best meet his needs and your needs, too.
- 2. Do research together.** Once you have a list of possible pets that you agree would be good options, give your child an assignment to learn as much as he can about these pets. Help him outline the questions he needs to answer in advance—this will help him be a self-directed learner. For example, he will need to know the kind of environment and care that different pets need. This project could involve research using the Internet, trips to the library for books on animals and interviews with pet owners, pet store employees and/or animal breeders. Your child could then organize and present the information he has gathered to the rest of the family, and ideas about whether or not to proceed with getting a pet could be discussed.
- 3. Ask for a proposal and a plan for accountability.** The plan and proposal can include expenses, time and specific tasks. Ask your child to determine what he will need your help with. Also include a discussion about what happens if everyone doesn't fulfill their roles in the care and perhaps training of the pet.

The promotion of life skills requires us, as adults, to step back and reflect on our own thoughts and feelings.

- 4. Make sure you want to be on the pet care team.** No matter how much preparation you and your child do, you will have ultimate responsibility for the pet (for example, if the pet becomes ill), so make sure you are willing to be a member of the team. If the decision is made to bring a pet into the family, a plan for pet care responsibilities should be developed, with a plan for accountability for following through on assigned duties.

These four strategies will promote the life skill of Self-Directed, Engaged Learning and move from managing children's behavior to promoting life skills in fun and doable ways.

Self-Directed, Engaged Learning: It is through learning that we can realize our potential. As the world changes, so can we, for as long as we live—as long as we learn.

Mind in the Making (MITM), at The Bezos Family Foundation, is an unprecedented effort to share the science of children's learning with the general public, families and professionals who work with them. Based on *Mind in the Making: The Seven Essential Life Skills Every Child Needs* (HarperCollins, 2010) by Ellen Galinsky, Chief Science Officer at The Bezos Family Foundation, its mission is to promote Executive Function life skills in adults and through them in children in order to keep the fire for learning burning brightly in all of us.

Prescriptions for Learning were created with funding from the Popplestone Foundation.

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