

# BOY SMARTS

PARENTING IS WORTH IT!



LEADING BOYS TO BECOME COURAGEOUS, CARING, ETHICAL AND HEALTHY

## 12 TIPS ...

1. Understand how the boy-code can restrict your boy's emotional development: Don't be a girl! Don't show your feelings! Act tough and dominate!
2. Learn about the unique communication needs of your boy.
3. Assist boys to develop an emotional vocabulary. Teach him that courage and empathy are the sources of real strength.
4. Create an environment where emotions are accepted. Use an "emotional barometer" when words are hard to find.
5. Boys often need indirect and action-talk with lots of quiet time to process their feelings and thoughts. Respect a boy's desire to not want to discuss emotions.
6. Discuss the gender straitjacket, teasing, bullying, and other daily stresses.
7. As your boy gets older, seek to understand his behaviour in a peer context. To expect a boy to be able to run counter to the prevailing peer culture is to stake out the moon for a chance glimpse of a jumping cow.  
Make time to get to know and appreciate his choice in friends. Also, maintain a strong rapport and caring connection with your boy. It will help you weather any storm.
8. Build on your boy's natural desire for adventure and problem-solving.

# 12 SUGGESTIONS FOR PARENTING BOYS...



9. When disciplining boys, provide clear and caring limits. Seek consequences that are: Restorative, Related, Reasonable, Respectful and Reliably enforced.

Don't back him into the corner!

Maintain a caring connection when guiding and providing discipline.

10. Discuss sex, intimacy and relationship issues along with the pressure to “be a stud” that is appropriate to his age level - on a weekly basis!

11. Boys need fathers and significant males to role-model healthy masculine expressions of strong and caring emotion.

12. Celebrate and honour his gifts and talents. Laugh and have fun together!



**Consequences**



**restorative  
related  
reasonable  
respectful  
&  
reliably  
enforced**

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• **BARRY MACDONALD** is a leading educator, consultant and registered clinical counsellor who is a champion for strong families and strong communities. A sought-after speaker, and authority on boys and schooling, he has worked with educators and parents, nationally and internationally, as well as instructing at UBC. He was identified as *1 of 25 Influential People to Watch* by the Vancouver Sun for his leadership on boys and schooling.

Barry MacDonald also consults with with couples, families & individuals in the South Surrey area -

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