

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Lakshmi Singh

# Raising a critical generation

In a digitally literate world of 'likes' and social criticism Lakshmi Singh looks at how parents can foster critical spirit in a constructive, healthy and balanced way.

American keynote speaker, author and educator Tim Elmore recently penned an article observing a trend amongst kids dishing out careless criticism of processes, ideas and institutions.

From criticising classes to sports programs, the food offered on campus, administration or accommodation in some colleges and universities, students were increasingly displaying what Elmore calls, a 'critical spirit'.

Time magazine also ran a feature discussing the narcissistic tendencies amongst Millennials, contributing to a feeling of entitlement amongst youngsters.

So, is there a generational change brewing, where more kids go about criticising anything and everything, becoming self-absorbed in the process?

Experts say that a critical spirit has and always will exist in all of us, it is just that the nature of today's society and the easy accessibility of forums through which criticism can be provided that has given it more opportunity to be heard.

While experts say that cultivating a spirit of thinking critically about problems and situations is important, it is also necessary to foster a healthy decision-making process.

### The age of entitlement

Parents have always wanted the best for kids, but taking the "you deserve the best, this/he/she is not good enough" mentality a bit too far can also be detrimental, says parenting and education expert Ronit Baras.

"The rules of education are very simple, judgmental parents will raise judgmental kids. Why? Because judgment is a coping mechanism to fight inadequacy. Judgmental people have weaknesses [and] judgment is their way of hiding. 'If I find faults in others, I will be able to hide mine.' If parents model this mentality, kids will adopt it."

Similarly projecting a "my child is special and they need to know that" vision by over-supplying them with activities, commodities and even praise can lead to an unhealthy sense of entitlement, says Dr. Ash Nayate, clinical neuropsychologist.

"Narcissism (i.e. a feeling of entitlement) is a sign of unhealthy self-esteem. Narcissistic people don't see themselves as equal to others, they see themselves as better than others - and the reason they hold this belief is to cover up their fear of 'not being good enough'," she says.

Judging people helps alleviate that

fear, she says. To help stop the cycle, she believes parents need to lead by example.

"Developing a healthy self-esteem is critical. If as a parent you have low confidence and low self-esteem, your kids are going to pick up on that as well. If you want your kids to be resilient and confident, then you need to work on the confidence and self-esteem within yourself."

### Readily accessible forums to dish out criticism

It is no secret that Millennials are more digitally literate than the rest of us. With most having access to their own mobile phone, laptop and social media accounts, the stage through which they can communicate with others is wide and always available.

"Social media encourages us to be more vocal about criticism. So instead of just judging people quietly, in our mind, we can do it aloud, behind the safety and anonymity of a computer screen," says Dr. Nayate.

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The privacy that social media affords also brings to the fore a trait that Baras calls a “brain fart”.

“In my program we consider it a “brain fart” when you do not consider others or the outcome of what you say and only want to say it, at all cost,” she says.

She believes the problem is intensified in a society that values external standards and imposes them on the education system through set metrics. “Teachers use marks, tests [and] they flash with standards and rules and this is far away from teaching critical thinking. So, no wonder kids are learning that everything in their life needs to be judged.”

From teacher review sites to specialist groups and threads on social media forums, kids today can critique anything about their school, programs or individual people, making up their mind whether something makes the cut or not.

### A culture that accepts criticism

With the prominence and popularity of reality TV shows comes the hard truth that our culture is now one of judgement and criticism.

“People are evaluated on the basis of what they’re missing, how they’re not good enough or worthy enough, and what’s ‘wrong’ with them,” says Dr. Nayate.

To compound the situation, today’s society is more geared towards materialism and capitalism, she says.

With the aim of being ‘better’, ‘richer’ and ‘more successful’ comes the habit to indulge in self-criticism, another trigger for engaging in a dialog centred around “I am better than this guy because ...” or “I am so hopeless at this compared to ...”

“Self-criticism is the first step towards

judgement of others. We can only judge others if we’re somehow judgemental of ourselves,” says Dr. Nayate.

### Striking a balance

So, how do we turn all this ‘judgement’ into something that is more considered, evaluated and more respectful of the people and practices involved in the process?

By understanding the difference between informed decision-making or critical thinking and straight judgement, says Baras.

“Critical thinking is when we present kids with options and teach them to evaluate and consider the advantages and disadvantages between options. Criticism/ judgment is considering yourself above others and rating them based on your own individual standard.”

The good news is that critical thinking skills can be developed without being critical of others says Dr. Nayate.

“It’s about adopting an attitude of open-mindedness and healthy curiosity. Just like a three year old who always asks “why” - the child isn’t doing it out of judgement or maliciousness, it’s simply a raw desire to learn more about the world.”

While critical thinking skills depend on the maturity of the child, Dr. Nayate believes parents can nudge kids in the right direction by role modelling it:

- 1 **Verbalise** the thought-process involved in everyday decisions – for example choosing healthier food options (“When I eat fries, I feel a bit sick in the stomach, and the next day I get a headache from all the salt and grease. And then I feel sluggish and lazy, and I just want to sit around at home all day

instead of going to the playground with you.”)

- 2 **Assist** with decisions and evaluations – implement this as a two-step process, she advises: first, acknowledge kids when they have demonstrated critical thinking. For example: “that was a good decision to do your homework before you went to your friend’s house. That way, you can really have fun and you don’t need to rush to get home”.

Secondly, help them assess whether the decision they made was because they accept an idea or because it came from a person they accept. As an example, many teenagers tend to accept information as credible when it comes from their peers or celebrities more so than their parents.

- 3 **Help** them put their higher values in perspective – while some children may value hard work or aim for certain levels of achievement, they would also value acceptance, connection with others, happiness, fun and adventure, she says. For example, a child who values health and fitness highly might override them in favour of other values like fitting in with their peers who smoke and thus take up that habit. Encourage them to see when decisions are made based on what we value, rather than on impulse or what feels good at that moment.

Sources:

- Tim Elmore’s blog on ‘Curing a critical spirit in students’ - <http://growingleaders.com/blog/curing-critical-spirit-students/>
- Time magazine article ‘Millennials: The Me Me Me Generation’ - <http://time.com/247/millennials-the-me-me-me-generation/>

Lakshmi Singh



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