How to Be a Better Parent Educator with a Busy Schedule
Georgia Association for Gifted Children Convention
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Lemi-Ola Erinkitola is an author, educator, parenting coach, and the founder of The Critical Thinking Child LLC (an educational consulting service for parents dedicated to developing their child’s critical thinking skills). With over 10 years of experience in utilizing brain training strategies and developing innovative teaching techniques, Lemi-Ola engages children in powerful, transformative learning experiences that build critical thinking skills. These experiences are rooted in evidence-based, cognitive development research that maximizes impact on the learning of children from 18 months to 13 years. A visionary, a storyteller, and a giver of practical advice, Lemi-Ola possesses a unique gift that enables her to unlock the secrets of a child’s educational challenges, all while helping the child discover his or her hidden potential. Lemi-Ola also invents creative tools for time-starved parents to be effective teachers to their children. Through her Parent Masterminds she shares her wisdom and experience as a mother of three uniquely gifted children. Using clarity and warmth her teaching style is compassionate and caring. Lemi-Ola’s expert guidance and encouragement inspires and empowers parents and adults who work with children in innovative and purposeful ways.
What does "busy" really mean?

Synonyms from thesaurus.com
In Nearly Half of Two-Parent Households, Both Mom and Dad Work Full-Time

% of couples, by work arrangement

Note: Based on employment status in the prior year among male/female married couples with at least one child younger than 18 in the household. Both married and cohabiting couples included since 2010. Data regarding cohabiting couples unavailable for earlier years. Other work arrangements not shown; same-sex couples are excluded.


PEW RESEARCH CENTER

Moms More Likely to Say Parenting Interferes with Career Advancement

% who say being a working parent has made career advancement...

<table>
<thead>
<tr>
<th></th>
<th>Easier</th>
<th>Harder</th>
<th>No different</th>
</tr>
</thead>
<tbody>
<tr>
<td>All parents</td>
<td>10</td>
<td>30</td>
<td>59</td>
</tr>
<tr>
<td>Mothers</td>
<td>6</td>
<td>41</td>
<td>51</td>
</tr>
<tr>
<td>Fathers</td>
<td>13</td>
<td>20</td>
<td>66</td>
</tr>
</tbody>
</table>

Note: Based on all full- or part-time working parents (n=1,411). Voluntary responses of “Depends” and “Don’t know/Refused” not shown.


PEW RESEARCH CENTER Q34


Notes:
### More Full-Time Working Moms Say They Always Feel Rushed, Spend Too Little Time with Their Kids

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Sometimes</th>
<th>Almost never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed full-time</td>
<td>40</td>
<td>50</td>
<td>10</td>
</tr>
<tr>
<td>Employed part time</td>
<td>29</td>
<td>61</td>
<td>10</td>
</tr>
<tr>
<td>Not employed</td>
<td>29</td>
<td>49</td>
<td>21</td>
</tr>
</tbody>
</table>

% of mothers saying they ***feel rushed*** among those who are...

### Among Full-Time Working Parents, More Dads Say They Don’t Spend Enough Time with their Kids

<table>
<thead>
<tr>
<th></th>
<th>Too little</th>
<th>Too much</th>
<th>Right amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed full-time</td>
<td>39</td>
<td>3</td>
<td>58</td>
</tr>
<tr>
<td>Employed part time</td>
<td>18</td>
<td>6</td>
<td>77</td>
</tr>
<tr>
<td>Not employed</td>
<td>11</td>
<td>16</td>
<td>72</td>
</tr>
</tbody>
</table>

% of mothers saying they ***spend*** time with their children among those who are...

Note: Based on all mothers (n=870). “Don’t know/Refused” responses not shown.


### Notes:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
Time is limited

Each day everyone gets:

24 hours
1,440 minutes
86,400 seconds

There is no more or less. This is the time we have.

Time keeps moving even if you are standing still...

If we can’t stop time ...what can we do?

Source: smithsonianmag.com
EXERCISE #1

How Do You Spend Your Time?

7 Categories
- Sleeping
- Working
- Household
- Leisure/Sports
- Caretaker/children
- Eating
- Other

Notes:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
#1 Psychologist, Carol Dweck

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

--- Carol S. Dweck ---

Book: Mindset: The New Psychology of Success by Carol Dweck

The Two Mindsets:

Fixed  vs  Growth

Beware of labels

Notes:

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________
10 simple ways to encourage children with words

How did it feel to complete that __________ assignment after such a lot of work?

You did __________ all by yourself!

You have worked incredibly hard to __________.

It seemed that it was frustrating for you to solve this __________, but you kept calm and you managed to work it out.

I love the __________ that you picked for this __________.

It looks like all your __________ is now paying off.

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Need more examples? Visit: WWW.THECRITICALTHINKINGCHILD.COM
EXERCISE #2
#2 Psychologist Dr. Howard Gardner's

Learning Styles-Purposeful Play

<table>
<thead>
<tr>
<th>List Possible Gifts and Talents</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Literary Mind (visual/tactile)</td>
</tr>
<tr>
<td>(The Perfectionist) (The Bookworm)</td>
</tr>
<tr>
<td>The Analytical person (auditory/tactile)</td>
</tr>
<tr>
<td>(The Scientist) (The investigator)</td>
</tr>
<tr>
<td>The Active person (tactile/auditory)</td>
</tr>
<tr>
<td>(The Energetic Busy Body)</td>
</tr>
<tr>
<td>(The Social Butterfly)</td>
</tr>
<tr>
<td>(Great Debater)</td>
</tr>
<tr>
<td>The Creative person (tactile/visual)</td>
</tr>
<tr>
<td>(The Artist) (The Collector)</td>
</tr>
</tbody>
</table>

Source: © 2016 Lemi-Ola Erinkitola

Psychologist Dr. Howard Gardner's theory of multiple intelligences suggests that there are many different kinds of intelligence.
Bloom’s Question Starter List – This list moves through 6 levels of questions. The first three levels are considered lower order questions; the final three levels are considered higher order. Higher order questions are what we use for Critical Thinking and Creative Problem Solving.

Level 1: Remember – Recalling Information

Level 2: Understand – Demonstrate an understanding of facts, concepts and ideas

Level 3: Apply – Solve problems by applying knowledge, facts, techniques and rules in a unique way

Level 4: Analyze – Breaking information into parts to explore connections and relationships

Level 5: Evaluate – Justifying or defending a position or course of action

Level 6: Create – Generating new ideas, products or ways of viewing things

(Source: Pohl, Learning to Think, Thinking to Learn)

Notes:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
Collaborative Critical Thinking Activities
Joint Activities parents can do at home to promote creativity and thinking

Notes:

What Critical thinking skills can you practice?
Ex: Compare & contrast • Fact & opinion • Reliable

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

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How to Be a Better Parent Educator with a Busy Schedule
GAGC 2016 Convention
Collaborative Critical Thinking Activities

Question:
What is the world's smartest app?

Answer:
The Brain

STRATEGIES FOR GETTING KIDS TO THINK! - Brain Breaks and Brain Storming

http://www.brainstorming.co.uk/
http://www.eslflow.com/Criticalthinking.html

Notes:
Pratice coding, analogies and critical thinking exercises.

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Dana Suskind, M.D. *Thirty Million Words*

An evidence-based intervention, *Thirty Million Words®*

Based on scientific research that shows the critical importance of early language exposure on the developing child, *Thirty Million Words®* helps parents enhance their home language environment in order to optimize their child’s brain development and, therefore, his or her ability to learn.

Tune in – Talk more – Take Turns

Source: thirtymillionwords.org

Questions?

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