

EPISODE **102**

What Kids Really Need (and Want!)

Guest: Dr. Meg Meeker

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Meet Dr. Meg Meeker

Dr. Meeker is a pediatrician who helps us as parents raise really great kids.

Dave Ramsey calls her “America’s Mother” – she has been touted as the country’s leading authority on parenting, teen and children’s health, she’s been on Oprah radio, NPR, The Today Show ...

In This Episode

Sarah and Dr. Meeker talk about what our kids want and need most and tips and tricks for effective parenting, including how to make time together count, and how we can stay connected with our teens at a time when they often begin to pull away.

The Listening Guide

Use this guide to skip to parts that most interest you, or listen to the entire podcast.

- 1:48 Dr. Meg Meeker is here!
- 3:25 What kids really want
- 8:00 A peaceful and happy parent
- 10:00 Competition kills joy
- 14:32 Connection, Community and Confidence
- 18:09 Time & attention - how to make it count
- 24:26 The most powerful tool we have ...
- 27:53 The Runaway Bunny (and our teens!)
- 31:07 Let the kids speak

"Face-to-face, one-on-one time is so critical to not only a child's self-esteem but to their identity formation, so being with them more and having them do less builds a better character in your kids." - Dr. Meg Meeker

Quotes and Questions

* Face-to-face ...

"A child's identity is shaped by spending face-to-face time with mom or dad and scouring our faces for clues about what we think about them and what we believe about them. And that's why this one-on-one time, got to be in the same room, eye-contact, and **I love the reading that you're talking about because it can even happen while someone's reading aloud.**"

* A simple practice ...

"I think it's really important to do a lot of self-talk and say, 'You know what? At the end of the day **I'm going to pick out three things that I did really well as a mom, or tried really hard to do, and I'm give myself a pat on the back,** and I'm not going to compare myself to how my friends are doing it.'"

Could you incorporate this simple practice into your days?

* A happy parent ...

"if you're a parent who basically enjoys your life as a mom or a dad you're going to have **really happy content kids.**"

Dr. Meeker says we need to invest in our own lives and health. In what ways can you make your own happiness and contentment more of a priority?

* Avoid competition ...

"There are very clear studies that show there is a link, a direct link, between the amount of social media use in girls and depression. And it makes a lot of sense; first of all, **social media's a show-off zone. It's really not about connecting with people, it's about showing off.**"

Social media feeds a competitive mindset. Do you "unplug" regularly? If your kids are old enough to use social media, do you make sure they unplug frequently too?

* What your child wants ...

"Your child doesn't want to be a performer for you, **your child just wants you to enjoy being with them.**"

*How can you show your kids that you **just enjoy** being around them?*

Show Notes

Books from today's episode:

- [Dr. Meeker's books](#)
- [The Runaway Bunny](#)
- [Teaching From Rest](#)

Other links from today's show:

- Order [The Read-Aloud Family](#) now anywhere books are sold
- Get the [audio version](#) of The Read-Aloud Family (read by Sarah Mackenzie) right here
- Use the hashtag #readaloudfamily to share photos on social media
- Dr. Meg Meeker's [site](#)
- [Parenting Great Kids Podcast](#)
- Get the FREE booklist and more - go to readaloudrevival.com or text BOOKS to 345345
- Get an invitation for [RAR Membership](#)

To find more resources to help you build your family culture around books, visit ReadAloudRevival.com.