

11 Things I Wish Every Parent Knew

Wellness Lifestyle – Stephen Cowan, MD, FAAP
Pathways #41, page 30



Talking Points

- ❖ Print this and give it to every parent!
- ❖ Stephen Cowan shares some invaluable lessons he's understood by practicing pediatrics for 25 years.
- ❖ After engaging with and caring for thousands of children, Dr. Cowan has developed 11 important pieces of advice for every parent. Each of these is explained further with examples and guidance:
 - Growth and development are not a race
 - Creating family traditions encourages strong roots and a healthy life
 - We grow in cycles
 - Encouragement is not the same as indulgence
 - Pushing your buttons is a spiritual practice, and children are our spiritual teachers.
 - A symptom is the body's way of letting us know something has to change.
 - Be prepared. (He refers here to "preparatory medicine" or building a resilient immune system.)
 - Healing takes time.
 - The secret to life is letting go
 - Trust yourself: You're the expert on your child.
 - Take the long view. (As the saying goes, "the years are short, but the days are long.")
- ❖ This article is beautifully arranged. I strongly encourage you to print this article from your digital copy and hang it up in your office or make copies for your patients.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

You can learn more about Dr. Cowan and his Developmental Pediatrics practice at <http://www.stephencowanmd.com/>. He is also a contributor to the Huffington Post - <http://www.huffingtonpost.com/stephen-cowan-md/>

As Cowan states, “We grow in cycles.” Our brains are constantly learning:
<http://www.edutopia.org/neuroscience-brain-based-learning-neuroplasticity>

An in depth discussion of how children can be our teachers:
<http://www.mothering.com/community/a/children-are-our-teachers>

Perri Klass, M.D. “Lifting a Veil of Fear to See a Few Benefits of Fever.” New York Times Health. 1/10/11.
<http://www.nytimes.com/2011/01/11/health/11klass.html>

Philip Incao, M.D. “A New Attitude Towards Fever.” *Pathways to Family Wellness* 34, Summer 2012.
<http://pathwaystofamilywellness.org/Holistic-Healthcare/a-new-attitude-toward-fevers-an-interview-with-philip-incao-md.html>

Keeping our “inner balance” to avoid illness (or as Dr. Cowan might call “being prepared.”) Philip Incao, M.D. “Children’s Health: A Question of Balance.” *Pathways* 28, Winter 2010.
<http://pathwaystofamilywellness.org/Holistic-Healthcare/childrens-health-a-question-of-balance.html>

Adora Svitak. “What Parents Can Learn From Kids.” Ted Talk. Feb 2010.
http://www.ted.com/talks/adora_svitak?utm_source=direct-on.ted.com&utm_campaign=&utm_medium=on.ted.com-facebook-share&utm_content=awesm-bookmarklet&awesm=on.ted.com_a04Oc