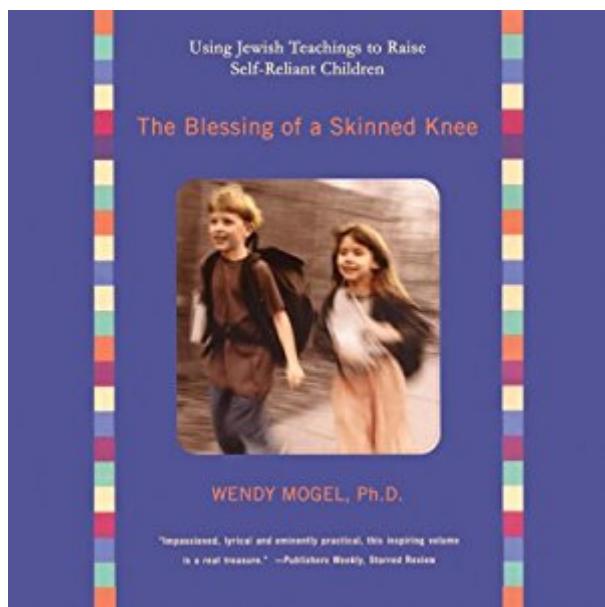


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# The Blessing Of A Skinned Knee: Using Jewish Teachings To Raise Self-Reliant Children



## **Synopsis**

The beloved bestseller that offers a practical, inspiring new roadmap for raising self-reliant, ethical, and compassionate children. In the trenches of a typical day, every parent encounters a child afflicted with ingratitude and entitlement. In a world where material abundance abounds, parents want so badly to raise self-disciplined, appreciative, and resourceful children who are not spoiled by the plentitude around them. But how to accomplish this feat? The answer has eluded the best-intentioned mothers and fathers who overprotect, overindulge, and overschedule their children's lives. Dr. Mogel helps parents learn how to turn their children's worst traits into their greatest attributes. Starting with stories of everyday parenting problems and examining them through the lens of the Torah, the Talmud, and important Jewish teachings, *The Blessing of a Skinned Knee* shows parents how to teach children to honor their parents and to respect others, escape the danger of overvaluing children's need for self-expression so that their kids don't become "little attorneys," accept that their children are both ordinary and unique, and treasure the power and holiness of the present moment. It is Mogel's singular achievement that she makes these teachings relevant for any era and any household of any faith. A unique parenting book, designed for use both in the home and in parenting classes, with an on-line teaching guide to help facilitate its use, *The Blessing of a Skinned Knee* is both inspiring and effective in the day-to-day challenge of raising self-reliant children. --This text refers to the Paperback edition.

## **Book Information**

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## **Customer Reviews**

I have not a read a parenting book cover to cover since "what to expect when expecting" as most

books to date have not drawn me in and been as relevant. Our pediatrician recommended this book to me and as she said, even though it is based on Judaism, it can be helpful for all. We are not Jewish and don't practice any religion, but I personally want more of a spiritual centering for our kids to have them belong to a greater framework and good vs. 'it's just you alone and equal out there'. Our kids are 6 (boy) and 7 (girl) and I finished the book with 'highlights' to reference back, strong practical guidance, situational and language to use, and overall felt 'relieved' to read that our kids are 'ok' in this crazy world. I'm a full believer in what we do/say now at this age is what matters to get them through the teenage years, so overall it was a validating book and a great reference to help with specific actions and language. General messages in book: deed before creed - what you do is more impt than what you think or believe. So get kids to do things/say things and it'll eventually seep into their behavior and psyche. moderation - always a good reminder sanctification - building a world and lifestyle where not everything is casual and on the same plane. Kids and adults are not equal. Respect and honor and traditions help define our existence and provide a comforting structure for our children to belong to a greater good and society. celebration - i especially enjoyed how we can 'celebrate' or embrace our child's faults or worst traits as it's that 'passion' that is potentially the energy for creation and discovery if channeled properly or viewed differently. Our kids in some ways come wired the way they are. Enjoy every page. Enjoy every moment with your children.

I have shared this book with many of my class's parents and we are going to begin a book study of it. It's filled with empowering advice from the perspective that children actually grow through the challenges; without obstacles to overcome, their emotional muscles weaken and atrophy. Not that we want to make them have a challenged-filled life and not that we don't guide them through these challenges. But children benefit from not having their parents rush in and make everything better all the time. This, however, is not always easy for parents who want the best for their children.

"Blessings" helps parents deal with their own guilt over seeing their child struggle. While they do mention the Torah (the first 5 books of the Old Testament) a few times, this book is not filled with biblical references. I am not Jewish, nor any practicing religion and I found the advice here very helpful. It's a very interesting and quick read.

Wendy Mogel, a child psychologist working in liberal monied West LA, realized that more and more of her privileged little patients were not sick. They were unhappy. And spoiled. And rude. So were her own kids. So she left psychology and returned to Judaism, the heritage shared by her own

family and many of her clients, but shelved by virtually all of them as a source of practical wisdom. The result is her book, *Blessings of a Skinned Knee*, and a new career teaching preventative parenting in schools, churches and synagogues rather than treating single families on the proverbial couch. Much of the Judaica is prosaica, familiar to anyone who has sat through some High Holiday sermons and done a bit of study. Still, these are the touchstones of the tradition, beginning with "Honor thy father and mother" and the injunction, "Teach your child how to swim," and she handles them with an ecumenical, nondogmatic touch. Swimming, we learn from Wendy, means giving kids a bit of independence, even if they end up skinning a knee. The table is the altar of the home, a place to practice respect, express thanks, and clean up together. She writes in favor of more discipline at home, but also more autonomy and less fear out of the house (and on line). And she urges us to honor the sweet ordinariness of our kids as well as their potential for greatness. The overall message sits well with me, and I am already trying to put some of her ideas into action. I've got to start with swimming lessons for my six-year-old!

This is an excellent, grounding perspective on bringing up a child to be ethical and responsible. It uses a Jewish lens but has appeal to those from other traditions. It has been my staple gift to new parent friends since it was called to my attention about a decade ago.

The advice was sound. The book had been recommended to me, by a Christian friend, as a fabulous guide to parenting. I wasn't told about the Jewish teaching basis. I would have liked the book better had there not been so much personal content about the author's discovery/rediscovery of her heritage. I've given the book to a couple of mothers, but not without the caveat, "There is no hidden message here. I'm not trying to convert you or reconnect you to Judaism. Just read it for the parenting tips and ignore the "back story" if it makes you uncomfortable." I would make the same recommendation to any reader.

I'm inspired and humbled by the teachings and wisdom in this book. It came highly recommended as a parenting read and I'm amazed that I hadn't heard of it before now! I'm so far removed from practicing any religion in my life, and have no Jewish lineage or even knowledge of Judaism but what an articulate, practical, and matter of fact read on the importance of spirituality and accountability in our families. The author is right on about the problems parents and their children face in finding balance, perspective, and resilience in their day to day lives. Cannot recommend highly enough!

Amazing book...a must read (you do not need to be Jewish to get a lot out of this book)

One of the best books I've read lately for raising children. Even as a Christian I benefited greatly from this book and made a number of changes in how I interact with the children. Thanks to these tips dinner time has become an excellent spiritual event. I believe every parent should read and apply these principles on a daily basis - our future would benefit.

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