**PTO Discussion Night- January 14, 2016**

**Book List and Summary of Main Points: Parenting to help children cope with**

**failure, develop intrinsic motivation, and develop the skills necessary to meet**

**the demands of today’s (and tomorrow’s) changing world.**

Deci, D.L. (1995). *Why we do what we do. Understanding Self-Motivation*.

New York, NY: Penguin Books.

Explores why rewards don’t work. The best way to motivate people is with

people is to support their sense of autonomy. How do we create the conditions where people will motivate themselves.

Lahey, J. (2015). *The gift of failure. How the best parents learn to let go so their*

*children can succeed*. New York, NY: HarperCollins.

Lythcott-Haims, J. (2015). *How to raise an adult. Break free from the*

*overparenting trap and prepare your kid for success.* New York, NY:

Henry Holt.

Pink, D. (2009). *Drive. The surprising truth about what motivates us*. New York,

NY: Penquin Books.

Drive has three parts. Part one will look at the in our reward-and-punishment system. Part two explores the concepts of autonomy, mastery, purpose. Part

three gives exercises to awaken motivation.

Rende, R. and Prosek, J. *Raising can-do kids. Giving children the tools to thrive*

*in a fast-changing world*. New York, NY: Penguin Books.