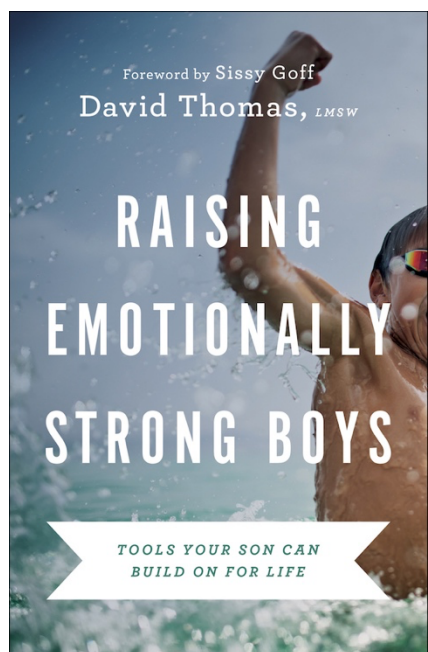


Suggested Interview Questions for David Thomas, Author of *Raising Emotionally Strong Boys*

“Men’s alignment with traditional masculinity, reluctance toward self-care and seeking help, and pushing aside difficult realities is why emotions have become gendered over time. This is also why emotional literacy is often defined as a soft skill—skills that are foundational to well-being, and yet we refer to them as ‘soft skills.’ My great hope is inviting parents, educators, coaches, and anyone who loves boys into a new way of being.”



- How would you define emotional healthiness?
 - Why is dealing with emotions so difficult for men in general, and boys in specific?
 - What are the 3Rs all emotionally healthy boys must face?
 - What does it look like when a boy gets emotionally stuck?
 - How do you communicate to your boy that shutting down or blowing up isn’t helpful, but is actually harmful?
 - What are some of the ways parents allow their boys to stay trapped in unhealthy emotional responses?
 - How can parents discipline their child without shaming, yelling, lecturing, or over-disciplining?
 - What is the emotional tool box and how can it help our boys?
 - How can a parent tell when their child is telling the truth about how he feels or if he’s blowing everything out of perspective?
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- What is the role of empathy in helping boys regulate their own emotions?
 - How does dependence on screen time and devices affect a boy’s emotional health?
 - How can a parent make sure they are modeling healthy ways of handling emotions before expecting their child to do the same?
 - What are some unique ingredients for emotional strength that a boy needs from his mother? From his father? What about other adult figures in a boy’s life like grandparents, aunts or uncles?
 - What are the different layers of relationships and how does identifying them help your boys?
 - In addition to his parent’s help and insight, who are some other voices that a boy should be listening to?
 - How is Jesus an example of healthy masculinity?
 - Tell us about how a boy and the adults in their life can use the workbook. How did it come about?

GUEST: David Thomas, LMSW, is the director of family counseling at Daystar Counseling in Nashville, TN, and the coauthor of ten books, including the bestselling *Wild Things: The Art of Nurturing Boys* and *Are My Kids on Track?* He is the co-host of the top 10 parenting podcast “Raising Boys and Girls.”

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