

## **BOOK “NET OUT”**

*How to Really Love Your Child*

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### **Quick Summary**

In this book, Dr. Campbell explains the emotional needs children have and the skills parents must develop in order to meet those needs. While many parenting books focus exclusively on discipline, the author sees that as only one tool in a set of four. Parents must employ all four tools if they are to raise emotionally healthy, secure children.

### **Key Insights**

- Some children are “easy babies” by virtue of their congenital temperament. Others are more difficult. However, the emotional nurturing a parent provides has the most influence in determining the final outcome (p. 18).
- The most important relationship in the family is the marital relationship. Both the quality of the parent-child bond and the child’s security depend on the quality of the marital bond (p. 21). As someone once told me, “The most important thing you can do for your children is to love their mother.”
- Unconditional love is the foundation of healthy parent-child relationships. Every child wants to know, “Do you love me?” However, a child asks this emotional question mostly in behavior, seldom verbally (p. 33).
- Every child has an “emotional tank” that can only be filled by love. Only if the emotional tank is full can a child be expected to be at his best and do his best (p. 34).
- We convey love to children in four ways: eye contact (Chapter 4), physical contact (Chapter 5), focused attention (Chapter 6), and loving discipline (Chapter 7).
- Inappropriate love can manifest itself in four ways: possessiveness (p. 70), seductiveness (p. 71), vicariousness (p. 75), and role reversal (p. 76).
- Discipline is much more than punishment. For example, the shepherd’s rod referred to in Scripture was used almost exclusively for guiding the sheep, not beating them (p. 94).
- Often misbehavior is the direct result of an empty emotional tank. Parents must therefore ask, “What does my child really need right now?” Punishment may be necessary, but it is not the first step (p. 105). Discipline involves four things: requests, commands, rewards, and punishment (p. 111). Punishment is a last resort.

### **Personal Application**

1. I will continue to love Gail well, knowing that our relationship is the foundation for everything else.
2. I will stop what I am doing when one of my children or grandchildren enters the room and give them focused attention.
3. The way I express love to my daughters and granddaughters is very different than how I must express it to my grandsons. At a certain age, they want to wrestle, punch, and high-five me. For them, that’s physical contact.

## Meaningful Quotes

- “Most parents have a feeling of love toward their children and assume that they convey this love to a child. This is the greatest error today” (p. 19).
- “Not only must a husband be willing to respect and be guided by his wife’s natural know-how in emotional areas, he must encourage his wife and support her daily task of setting the emotional climate in the home” (p. 25).
- “Without a foundation of unconditional love, parenting becomes a confusing and frustrating burden. What is unconditional love? Unconditional love is loving a child no matter what. No matter what the child looks like. No matter what the child’s assets, liabilities, handicaps. No matter what we expect the child to be. And most difficult, no matter how the child acts” (pp. 31–32).
- “Almost every study I know indicates that every child wants to know from his parents, ‘Do you love me?’ A child asks this emotional question mostly in behavior, seldom verbally. The answer to this question is absolutely the most important thing in any child’s life” (p. 33).
- “Another critical concept for parents to understand is that each child has an emotional tank.... Only if the emotional tank is full can a child be expected to be at his or her best or do his or her best” (p. 34).
- “Consciously refusing to make eye contact with a child is usually more painful than corporal punishment. It can be devastating. It can be one of those incidents that a child will never forget” (pp. 40–41).
- “Actually, a boy’s need for physical contact never ceases, even though the type of physical contact he needs does change” (p. 50).
- “... a girl’s need for physical contact (especially the more affectionate type) increases in importance as she becomes older and reaches a zenith at around the age of eleven” (pp. 51–52).
- “Eye contact and physical contact seldom require real sacrifice by parents. However, focused attention does require time, and sometimes a lot of it. It may mean giving up something parents would rather do” (p. 57).
- “In all my reading and experience, I have never known of one sexually disoriented person who had a warm, loving, and affectionate father” (p. 74).
- “Far more children suffer from the lack of appropriate love than from exposure to inappropriate love” (p. 78).
- “Be careful to use punishment as a last resort and refrain from dumping your anger on your child.... If there are two words that sum up Christlike parenting, they are: pleasant and firm” (p. 83).
- “To train children to handle anger maturely, you must, when appropriate, allow them to express it verbally, even if it is unpleasant” (p. 88).
- “... punishment is a very small part of discipline” (p. 89).
- “Discipline is training a child in mind and character to enable the child to become a self-controlled, constructive member of society” (p. 90).
- “To depend on corporal punishment as the principal method of discipline is to make the critical error in assuming that discipline equals punishment” (p. 94).
- “When our child misbehaves, we must ask ourselves, ‘What does this child need?’” (p. 103)