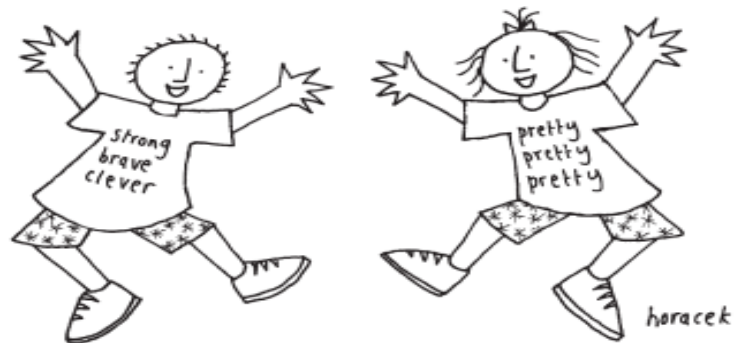


# DIFFERENT BETWEEN MEN AND WOMEN

## LESSON #8 – Raising Boys vs Girls



# ARE BOYS OR GIRLS EASIER TO RAISE?

Which gender do you think is easier to raise? Why?



## PSYCHOLOGY - LESSON #8 The Difference between Men & Women Raising Boys vs Raising Girls

Which gender do you think is easier to raise? Why?



By Paula Spencer

I often say that I spend more time and energy on my one boy than on my three girls. Other mothers of boys are quick to say the same. Not so fast, say moms of girls, who point out that they have to contend with fussier fashion sense, more prickly social navigations, and a far greater capacity to hold a grudge. "Boys and girls are each harder in different ways."

"There are differences in how we handle boys and girls right from birth," says David Stein, Ph.D. "We tend to talk more softly to girls and throw boys in the air." Leonard Sax, M.D. believes parents raise girls and boys differently because girls and boys are so different from birth -- their brains **wired** the same way. So, can we finally answer the great parenting debate ever which sex is more challenging to raise?

### Discipline:

**Why **girls** boys seem to listen?** Turns out their hearing is not as good as girls' right from birth, and this difference only gets greater as kids get older. Girls' hearing is more sensitive in the frequency range critical to speech discrimination, and the verbal centers in their brains develop more quickly. That means a girl is likely to respond better to discipline strategies such as praise or warnings like "Don't do that" or "Use your words." Boys tend to be more tactile -- they may need to be picked up and plunked in a time-out chair," **girls** says. **Boys** also less verbal and more impulsive.

These developmental differences contribute to the mislabeling of normal behavior as problematic. Five boys for every one girl are diagnosed with a "disorder" (including conduct disorder, bipolar disorder, hyperactivity, attention deficit **disorder**). Some kids -- most often boys -- may simply fall on the more robust end of normal. They need more opportunities to expend energy and aggression.

### Physical safety:

"Much after-dinner wrestling here," reports mom of four boys. "Their stuffed animals' primary function is to be added to the pile of pillows everyone is launching into from the coffee table." In general, boys are more rambunctious and aggressive, exerts say. Talking risks lights up the pleasure centers of their brains.

**Letting kids explore** builds character, self-confidence, resilience, and self-reliance. Boys, being natural risk takers, may need encouragement to slow down a little, but girls need to be encouraged to take more risks. Look for opportunities for your daughter to jump off a wall, swim in the deep end, or try the bigger slide.

### Communication:

From birth, a girl baby tends to be more interested in looking at colors and textures, like those on the human face, while a boy baby **is** more to movement, like a whirling mobile. Girls are rigid to be people-oriented, boys to be action-oriented. Because girls study faces so intently, **girls** better at reading nonverbal signals, such as expression and tone of voice. Boys not only learn to talk later than **girls** and use more limited vocabularies, they also have more trouble connecting feelings with words. Boys hold eye contact for shorter periods than **girls**.

As girls get to be **4** or so, things can get harder: The flip side of being so adept at communicating is that girls exert a lot of energy on it. There can be a great deal of drama around **girls**, mad at whom, who said what and why, and more.

Depends...



# READ ARTICLE AND IDENTIFY FOR EACH BOX

Discipline: <b>Who's more difficult? Why?</b>	Physical safety: <b>Who's more difficult? Why?</b>
Communication: <b>Who's more difficult? Why?</b>	Self-esteem: <b>Who's more difficult? Why?</b>
School: <b>Who's more difficult? Why?</b>	The Bottom Line – <b>Who's more difficult? Why?</b>



## PSYCHOLOGY - LESSON #8

### The Difference between Men & Women

### Raising Boys vs Raising Girls

Which gender do you think is easier to raise? Why?



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Why don't boys seem to listen? Turns out their hearing is not as good as girls' right from birth, and this difference only gets greater as kids get older. Girls' hearing is more sensitive in the frequency range critical to speech discrimination, and the verbal centers in their brains develop more quickly. That means a girl is likely to respond better to discipline strategies such as praise or warnings like "Don't do that" or "Use your words." "Boys tend to be more tactile -- they may need to be picked up and plunked in a time-out chair," Gurian says. They're also less verbal and more impulsive.

These developmental differences contribute to the mislabeling of normal behavior as problematic. Five boys for every one girl are diagnosed with a "disorder" (including conduct disorder, bipolar disorder, hyperactivity, attention deficit disorder, etc). Some kids -- most often boys -- may simply fall on the more robust end of normal. They need more opportunities to expend energy and aggression.

#### **Physical safety:**

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But letting kids explore builds character, self-confidence, resilience, and self-reliance. Boys, being natural risk takers, may need encouragement to slow down a little, but girls need to be encouraged to take more risks. Look for opportunities for your daughter to jump off a wall, swim in the deep end, or try the bigger slide.

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As girls get to be 8 or so, things can get harder: The flip side of being so adept at communicating is that girls exert a lot of energy on it. There can be a great deal of drama around who's mad at whom, who said what and why, and more.

**Self-esteem:**

Girls tend to grow up less confident and more insecure than boys. "The tyranny of nice and kind" -- unwittingly raising girls to be people pleasers. "This cultural pressure to put others' needs first, ignore one's own gut feelings, and avoid asking for what one wants has traditionally harmed girls," says Jenn Berman. "Despite the fact that she enjoys the positive attention and accolades that people pleasing brings, the more a girl pushes her own needs and desires underground to please others, the more likely her own self-esteem will suffer."

Body image is a big part of self-esteem, and though there's certainly body-image dysfunction in boys and men, it remains mostly a female issue. The natural rounding out of the body that happens in puberty clashes with the unnatural slimness girls see in the culture around them.

**School:**

Boys and modern education are not an idyllic match. An indoor-based day and an early emphasis on academics and visual-auditory (as opposed to hands-on) learning ask a lot of a group that arrives at school less mature. In their early years, most boys lag behind girls in developing attentiveness, self-control, and language and fine motor skills.

The relatively recent acceleration of the pre-K and kindergarten curricula has occurred without awareness that the brain develops at different sequences in girls and boys, Dr. Sax says. Music, clay work, finger painting, and physical exercise -- activities that once helped lively kids get used to school -- are vanishing. Few teachers are trained in handling the problems that result.

One area where girls do less well in school concerns spatial learning, such as geometry. Girls may use different parts of their brains to process space perceptions.

The bottom line? On balance, the general consensus seems to be that boys are more of a handful early on, and girls more challenging beginning in the preteen years.

<p><b>Discipline:</b>                      <b>Who's more difficult? Why?</b></p>	<p><b>Physical safety:</b>                      <b>Who's more difficult? Why?</b></p>
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