

# MOVED BY® ... DR. GORDON NEUFELD

*the English  
version!*



## Colofon

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**WISHES**<sup>®</sup>  
Network!

presents...

## Health Literacy in Schools

This booklet is published as a result of the first lecture in our series of lectures about Health Literacy in Schools. Each month we focus on a different theme from the teaching method TheClassMoves!®, that will be presented in a lecture. The theme of this month is: **Moved by Emotions**.



Health Literacy  
means something like  
'the ABC of health'.



# MOVED BY® ... DR. GORDON NEUFELD

*Author of the book Hold on to your kids!*



You might find some difficult words in this book. I will try to explain them to you.



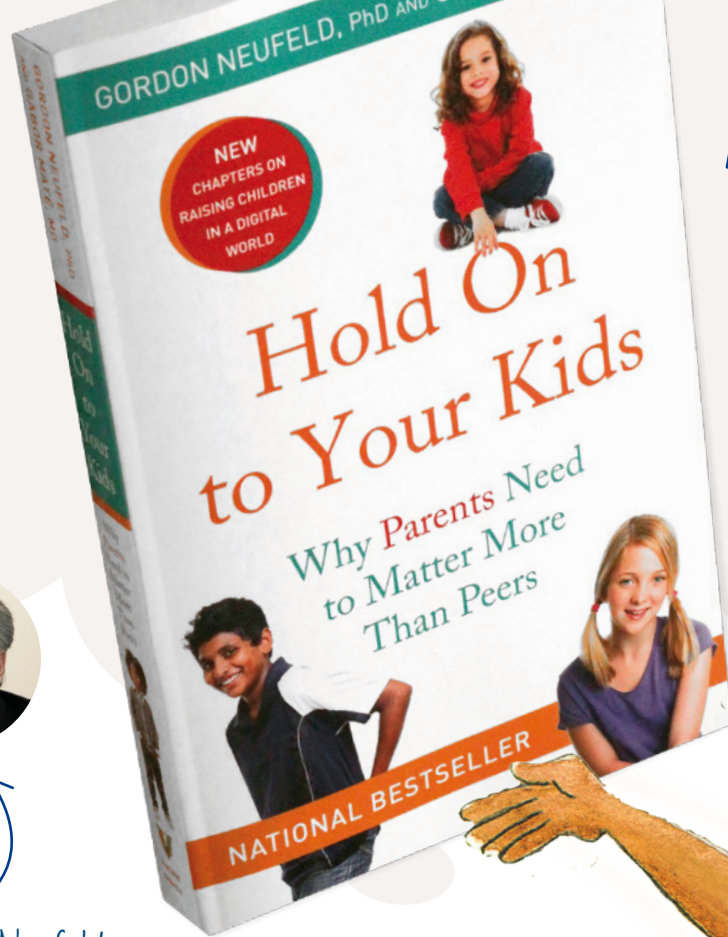
Hi there!

Because adults love to listen to experts, I would like to introduce you to Dr. Gordon Neufeld. He is a very inspiring man who means a lot to us. Like all the specialists of the Wishes Network®, Gordon dedicates himself to the well-being of children.





This is Dr. Gordon Neufeld. You will find more information about him on pages 24 en 25.



Gordon wrote the book *Hold on to your kids!* Many adults think it's a very good book.



Listen! →

Dr. Gordon Neufeld lives in Canada and is a developmental psychologist. His biggest wish is that we become fully human. Shall I tell you what he considers as our full human potential?



A developmental psychologist looks at how humans behave and how we can influence the way they behave if that is necessary.



Gordon says that if we can develop our full human potential, we become resilient and viable beings.

Resilient is someone who can handle a difficult situation and adapt to changes.

If you are able to do things all by yourself and without any help, we say you are viable.



“If we are fully human, we are also social beings.”

If we are social beings we can be close with other people without losing ourselves.





Gordon says:  
"A child's village of attachment consists of those people he or she has an attachment to."

Attachment means that you feel connected with another person, like your dad or mum.



ATTACHMENT  
is  
EXTREMELY  
IMPORTANT!

“School is also part of our village of attachment. Therefore, the relationship between school and home is very important.”



Did you know?! →

According to Gordon, adults and children have a natural desire to be good. Attachment awakes in us the desire to be good.

A natural desire is a wish that comes from so deep within, that you can't wait to let it come true!







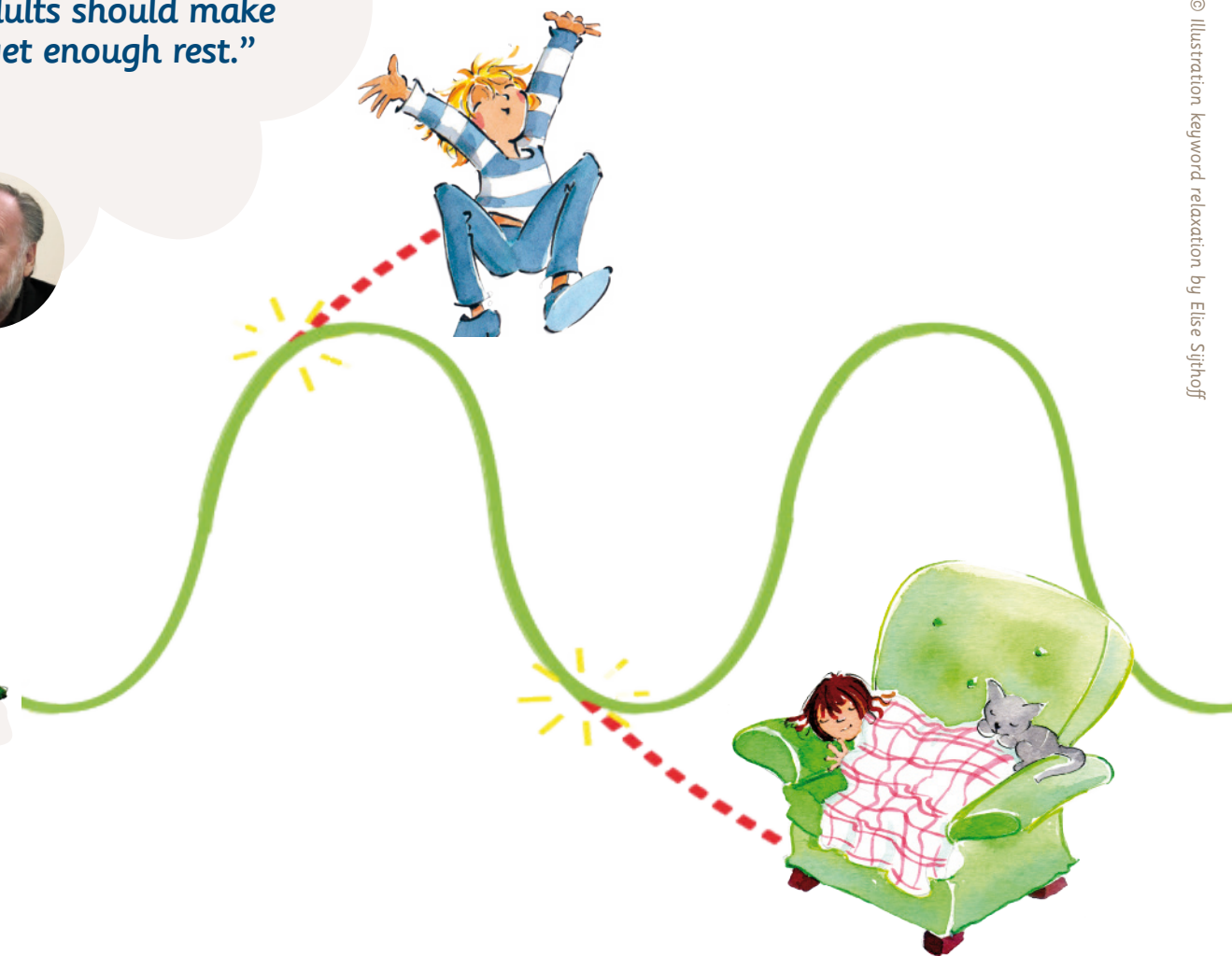
Now that's a difficult word!  
The parasympathetic nervous system  
runs between our brain and organs  
and helps our body come to rest.

Gordon says:

**“We need to relax and rest to internalize  
all the stimuli we get during the day.  
Silence gives our parasympathetic  
nervous system the space to help us  
to become relaxed.”**



“Children need rest to grow and  
become mature. Adults should make  
sure that children get enough rest.”





Gordon says that playing is very important for us.



Gordon:  
"When children play, the fun is important, not the result."



I hope, I don't need to explain you the word fun ;-)



*Good idea!*

**Gordon says, we need  
a caring adult to help us  
feel our emotions.**



*Emotions can be quite complicated.  
Someone you trust completely can help  
you to discover what you are feeling.  
He can help you to feel your emotions  
and express them.*



*Gordon:*

**“We must have the hearts  
of our children in order to shield  
them from wounds that are too  
much to bear.”**





And the conclusion:

Gordon thinks, the state should support our families so that they are able to help us attach to the adults that are responsible for us, get enough rest, play and feel our emotions.



Bye!

## About Dr. Gordon Neufeld



**Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. A foremost authority on child development,**

**Dr. Neufeld is an international speaker, a bestselling author (*Hold On to Your Kids*) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change.**

While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals. His Neufeld Institute is now a worldwide charitable organization devoted to applying developmental science to the task of raising children. Dr. Neufeld appears regularly on radio and television. He is a father of five and a grandfather to five.

## Hold On to Your Kids

The book *Hold On to Your Kids!* is about the pivotal importance of children's relationships to those responsible for them and the devastating impact in today's society of competing attachments with peers. However it is much more than a book on peer orientation: it is about parenting with relationship in mind. This book restores parents to their natural intuition, confronting such relationship devastating devices as time-outs and using what children care about against them. Offering effective strategies for preserving and restoring the child-to-parent relationship, this book provides refreshing natural alternatives to today's contrived methods of behaviour control. The content is relevant to parents of children of any age, from infants right through to adult children. Readers have commonly commented on how much hardship and confusion they could have avoided had this material been available to them right from the beginning.

When the original edition was released in 2004, it was just before the emergence of Facebook and other social media. In retrospect, the book amply foreshadowed, but could not fully have pictured, the impact of the digital revolution that followed. The book was re-released in 2013 with additional chapters on raising children in a digital world.

## How the book has been received

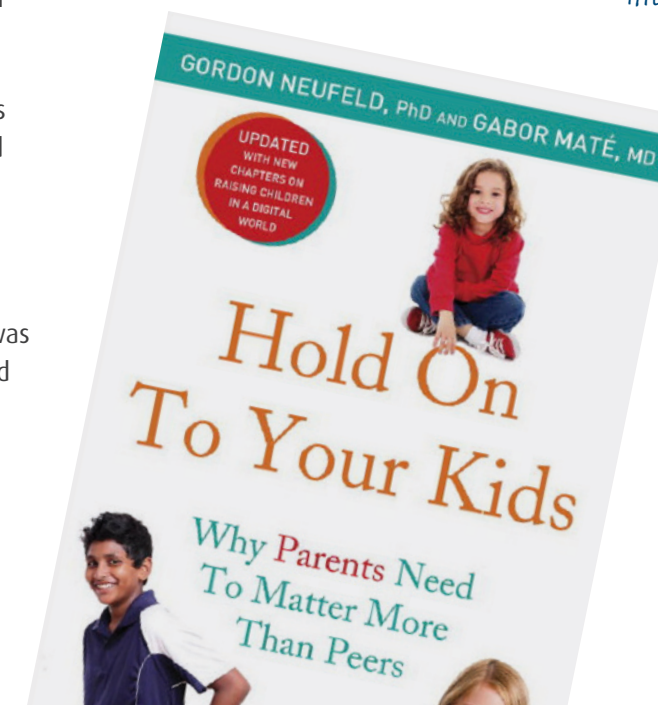
*Hold On to Your Kids!* was first released in Canada in 2004 and became a national bestseller within weeks. The book is now available in the United States and Europe and has been translated into Dutch, French, German, Spanish, Italian, Hebrew, Hungarian, Russian, Portuguese (both Brazilian & Portugal versions), Japanese, Korean, Swedish and Norwegian. The book received a starred review from Publishers Weekly, was amazon.ca's top-selling Canadian nonfiction for 2004, struck a responsive chord in reviewers' hearts, and won enthusiastic endorsements from professional colleagues and well-known authors across North America.

This book has also generated hundreds of grateful responses from readers and a host of 5-star reviews on amazon.ca and amazon.com. Judging by the books reception, the relational message has been like water to parched earth. *Hold On to Your Kids* has found its way into many book study groups including school-based parent groups as well as noon-hour teacher groups. Robert Bly, the American poet and author, was so impressed with the wisdom it embodied that he exhorted people 'to give a copy to every parent you know'.

## Interesting links about Dr. Gordon Neufeld:

- **Dr. Gordon Neufeld: The importance of attachment:**  
<http://www.youtube.com/watch?v=MJJJNKpekW0>
- **Dr. Gordon Neufeld: Kids need us more than friends:**  
[http://www.youtube.com/watch?v=UIMkWJY5T\\_w](http://www.youtube.com/watch?v=UIMkWJY5T_w)

←  
Also watch these interesting videos online!



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*Thank you for your attention!*



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