

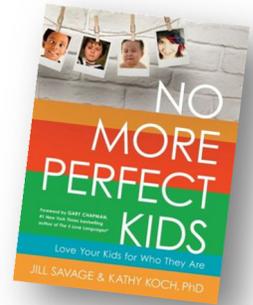
Available for Interview

Contact: Janis Backing
janis.backing@moody.edu

No More Perfect Kids ***How to Let Go of the Perfection Infection so Your Children Can Fly***

Chicago, IL – If you're like most parents, you began dreaming about your child's life from the moment you found out you were going to be a parent—and maybe even before. Perhaps you imagined her reading by age three, starring on her high school basketball team or maybe even playing concert piano at Carnegie Hall—at the age of eight. But then she was born and things didn't go exactly as planned.

“Every parent has secret hopes and dreams for his or her child,” says Jill Savage, co-author with Dr. Kathy Koch of ***No More Perfect Kids*** (Moody Publishers, March 2014). “Sometimes we are aware of those dreams, and sometimes they are buried deep inside, rising to the surface only when the bubble of expectation is burst into a million pieces. The sooner we become aware of our expectations and align them with reality, the better it is for us and for our children.”



Savage, founder and CEO of Hearts and Home, and her husband, Mark, have raised five children. Koch, a well-known speaker and author with a Ph.D. in reading and educational psychology, is founder and president of the nonprofit organization Celebrate Kids. Both women have seen the effects, on parents and kids, of what they term the “Perfection Infection.”

Available March 1
No More Perfect Kids
by Jill Savage and Kathy Koch
ISBN: 978-0-8024-1152-5

“We are inundated with perfection living these days,” says Koch. “From Facebook to Pinterest to airbrushed magazine pictures, we see examples of “perfect” living and we instinctively compare. Before we even realize it, this infection starts to worm its way into our parenting expectations and not only hurts our relationship with our children but can also affect how they see the world and themselves.”

In ***No More Perfect Kids***, Savage and Koch take an in-depth look at the Perfection Infection, explore why it's so dangerous, and share four antidotes to help eradicate it from our lives. Building on that foundation, they then explore seven core identity questions kids silently ask themselves and explain how parents can apply the antidotes to answer those questions in a way that gives their child freedom to fly. These questions include:

- *Do You Like Me?* We have to nurture the children we were given and not the children we wish we had.
- *Am I Important to You?* Many positive and negative behaviors have their roots in whether our children feel important and valued.
- *Is it Okay I'm Unique?* We all have specific traits, talents, learning styles, and temperaments that God longs to use for His purposes.
- *Who am I?* The more they hear you call out their unique, defining, positive traits, the more they will begin to define themselves positively too!
- *Am I a Failure?* Our children are in process, and the more often we remind ourselves of this, the more grace and love we'll have for them along the way.
- *What's My Purpose?* Understanding why we're in the world and what impact we can make gives us inherent value both as members of society and members of God's family.
- *Will You Help Me Change?* Loving them for who they are means we don't expect more than they're capable of. It does mean, however, we don't expect less and we don't expect them to be what they cannot be.

“When you and I can let go of “being perfect” and really embrace the process of “being perfected” by God, we'll experience the contentment and freedom we intrinsically long for,” says Savage.” And, we'll give our children the freedom to be themselves.”

###

Meet Jill Savage



Jill Savage is an author and international speaker who helps moms be the best they can be. As the Founder and CEO of Hearts at Home, Jill has led thousands of moms to keep their priorities straight and their heart in tune with God.

A mother of five, Jill is passionate about strengthening families. Not only has she spoken in the United States but she has also encouraged moms in Austria, Germany, Hungary, and was a featured presenter at the World Congress of Families Conference in Poland. She has been featured on K-Love Radio, Family Life Radio, Focus on the Family Radio, Thriving Family magazine, Marriage Partnership magazine, and Guideposts magazine.

Jill and her leadership team at Hearts at Home bring encouragement to over 10,000 moms a year with their annual Hearts at Home conferences. Jill is also the host of the HeartBeat radio program and she encourages over 30,000 moms in the monthly Hearts On-The-Go eNewsletter.

Jill's blog averages over 10,000 readers per month. She is the author of 9 books, including her newest releases, *No More Perfect Kids* (Moody), *No More Perfect Moms* (Moody), *Living With Less So Your Family Has More* (GuidePosts), and *Real Moms...Real Jesus* (Moody).

Meet Dr. Kathy Koch



Dr. Kathy Koch, the founder and president of Celebrate Kids, Inc., is an internationally celebrated speaker who has influenced thousands of parents, teachers, and children in 25 countries through keynote messages, workshops, seminars, assemblies, and other events. Her practical, relevant, results-oriented concepts and engaging, honoring, and humorous speaking style draw enthusiastic reviews from children, teens, parents, and educators. They leave her events armed with new beliefs, attitudes, practical tools, and increased hope to make appropriate changes, establish healthy relationships, and increase success in family, life, and school.

Dr. Kathy is the author of *How Am I Smart? A Parent's Guide to Multiple Intelligences* (Moody) which helps parents and teachers better understand their children's and students' learning strengths. *Authentic Hope and Wholeness: 5 Questions That Will Change Your Life* (Moody) provides a solution-focused, enriching approach to real problems. Celebrate Kids also publishes many CDs, DVDs, posters, and other products to encourage and equip educators and parents.

Dr. Kathy earned a Ph.D. in reading and educational psychology from Purdue University. She was a tenured associate professor of education at the University of Wisconsin-Green Bay, a teacher of second graders, a middle school coach, and a school board member prior to becoming a full-time conference and keynote speaker in 1991.

20 Suggested Discussion Questions for Jill Savage and Kathy Koch

1. Jill, you minister to moms regularly through Hearts at Home and hear from them on a daily basis. What is their biggest struggle in relation to fighting the temptation to want to raise perfect kids?
2. Kathy, you run a nonprofit organization called Celebrate Kids, which is dedicated to helping parents, educators, and children of all ages meet their five core needs in healthy ways. Can you share more about those needs?
3. A couple of years ago, a book came out called *The Battle Hymn of the Tiger Mother*, which resulted in a lot of controversy. What is the danger, if any, in being a tiger mom?
4. What is the “Perfection Infection” and why is it dangerous?
5. What are the antidotes to the Perfection Infection?
6. What is the danger of unrealistic expectations?
7. Jill, how have you and your husband struggled to avoid seeking perfection in your five children?
8. How do we, as parents, begin to deal with the disappointment that sometimes arises when our children are not developing as perhaps we had hoped?
9. What’s the difference between being a “good” parent and being a “perfect” parent?
10. Jill, you share about how excited we are when our children learn to walk, for example. How can we carry this “Come to, Mama” mindset into our lives as they grow?
11. What happens when children feel that they will never please their parents, no matter what?
12. Why do we as parents need to be careful about our own perfectionism?
13. Is it wrong to have dreams, set goals or have expectations for our kids?
14. What’s healthier than expecting perfection?
15. You look in-depth at seven core identity questions that kids—and often adults—silently ask themselves. How did you narrow it down to these seven?
16. How do we know when our dreams are good dreams for our children?
17. How can we as parents hear the cry of our children’s hearts?
18. Can you explain the eight kinds of intelligence that exist and how they relate to a child’s uniqueness?
19. How can a parent combat the technology triggers that don’t serve our children well in finding purpose in the world?

Interview Topics for Jill Savage and Dr. Kathy Koch

Here are some suggested interview topics you might consider for an interview with Jill and Kathy:

Ten Dangers of Perfection Infection Thinking

If you're like most parents, you've probably had a dream or two about your child's life. Oftentimes, though, our dreams don't match reality and we may struggle to accept who our child was created to be. In this interview, Jill and Kathy will discuss the "Perfection Infection" that is pervasive in our parenting culture, why this kind of thinking is dangerous to our children and ourselves, and how to eradicate this infection out of our hearts and minds.

Four Cures for the Perfection Infection

The Perfection Infection may be rampant in our society but it doesn't need to be part of our parenting. In this interview, Jill and Kathy share four antidotes—compassion, perception, affection, and love--to help us keep the Perfection Infection out of our parenting, explain how these antidotes help us resist the urge to compare our kids to others, and discuss how applying the antidotes can help us embrace who are kids really are.

Mom, Do You Like Me? And Other Questions our Kids Want to Ask

Do you ever wonder what your child is thinking inside but is afraid to verbalize? In this interview, Jill and Kathy will explore seven questions that kids silently ask themselves, such as "Do you like me? Who am I? What's my purpose?", share insights into how parents can help or hurt when it comes to answering those questions, and explain how the antidotes to the Perfection Infection can be applied to each situation.

Eight Reasons Kids Make Mistakes

It's a question that many kids have, and that parents often silently ask themselves, "*Am I a failure?*" In this interview, Kathy and Jill explore eight reasons kids make mistakes, from needing more experience to needing healthy motivation to do things well. Plus, they'll share how to develop a culture of encouragement in your home, what to do when your children make mistakes with life-altering consequences, and how to apply the antidotes to help your child carry on even when things are tough.

The Power of a Positive Dad

When children complain about their parents expecting perfection, they often mention dad, according to Jill and Kathy. But when talking with our kids, dads (as well as moms) need to choose to be positive. In this interview, Jill and Kathy will share how dads in particular can learn to communicate in a more positive manner with their children, even when it's about a negative issue, why girls desperately need their dads to affirm their beauty, and how dads can learn to accept their kids' differences, challenges and struggles as a normal part of parenting.