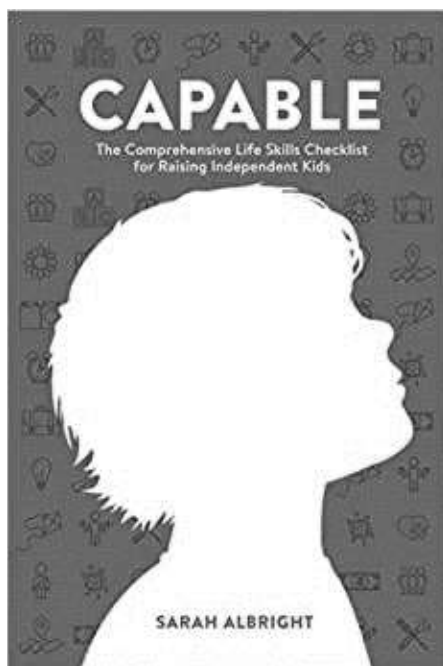


BOOK REVIEW

CAPABLE: The Comprehensive Life Skills Checklist for Raising Independent Kids

SARAH ALBRIGHT

Go Fish Press, 2019, p. 140



The book *Capable - The Comprehensive Life Skills Checklist for Raising Independent Kids* was published in 2019 by Go Fish Press. The author of the book is Sarah Albright.

The book contains *A Dedication, Acknowledgments, A Note to the Reader, An Introduction, 16 chapters (Chapter 1 - Chapter 16), A Conclusion*, a concise list of recommendations for the development of life skills according to the age of the children (*Skills by Age - A Quick Reference*), *End Notes* and *About the Author*.

In the *Introduction*, the author writes about the issue of education today. Namely, in today's world of information and technological progress, one of the most

difficult jobs is raising independent children. Since children spend approximately 936 weeks with their parents from birth to graduation, any effort made to encourage the development of their independence is significant.

In the first chapter of the book, called *The Big Picture*, the author writes that parents should primarily understand the importance of developing their children's independence. Also, it is very important that parents are aware of the fact that their children are capable of learning much more than they often think. Namely, a child needs to be seen as a being who can and should fully develop into a whole person. The second chapter of the book is called *How to Teach Effectively - The Tools of Teaching*. The author emphasizes that the patience and positivity of parents towards their children are the main tools for teaching their life skills. The third chapter of the book is called *The Youngest Learners*, and talks about the importance of encouraging the development of life skills from an early age. Of course, the difficulty of learning skills increases with the age of the child. The following are the other sections of the book: *Safety, Health, Keeping House, Home & Auto Handy Skills, Finances, Career/Job Skills, Manners and Social Skills, Spirituality and Ethics, Technology, Taking Care of Business - Everyday Skills and Errands, Traveling From Here to There - Travel, Mother Nature, Just for Fun*, which contain a thorough list of necessary skills from almost all areas of life. In addition to the importance of learning different skills, the author writes that social skills are a much better indicator of outcomes in everyday life than other skills. Therefore, she encourages parents to nurture their children's social skills by recognizing and naming feelings, helping others, controlling instincts, solving various problems and, of course, playing with other children.

The *Conclusion* of the book emphasizes the importance of parents in raising children. Namely, due to the emotionally strong connection, the family has the strongest educational effect on the child.

Of course, this does not mean that pre-school and school education are not complementary to family education, but parents are still in the first place in the education of their children. Therefore, togetherness is most important for both children and parents, as it in itself is an upbringing for life.

This book is an excellent help to parents in raising capable and independent children.

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