

Intelligence Is Something You Practice

Klog er noget, man øver sig på

by Sofie Münster



SPECIFICATIONS

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Everybody wants the best for their children, and nobody wants to see their kids going through a rough patch. It can hard to know what to do about it. You want your children to be willing to pursue a subject, practising and getting better at it, but what do you do, for instance, when your children:

- Feel unsure of themselves or hold themselves back for fear of failing?
- Lack concentration, giving in to the lure of their mobile phones or computers?
- Give up as soon as something gets boring or just takes a bit of extra effort?
- Lose interest or are overwhelmed by disappointment when something doesn't work first time round?

Intelligence Is Something You Practice offers an insight into how children can learn to be good at things. Success isn't something innate, nor is it the privilege of a few. Success comes from one – rather surprising – personality trait: self-control, which everybody can teach to their children using the concrete and simple parental tools in this book.

The book is not a continuation of the multi-year debate about upbringing and boundaries, helicopter parents and tiger moms. *Intelligence Is Something You Practice* instead provides answers to what you can do at home to make sure your children enjoy fighting for what's important to them, offering concrete tools so you can teach your children to make good decisions. In the short term they will get better grades, build stronger social relationships and feel better about themselves – and in the long term they will have everything they need to be able to work on exactly what they want for the rest of their lives.

Sofie Münster (born 1985) has a degree in political science and was the first director of Prime Minister Lars Løkke Rasmussen's fund LøkkeFonden. There she set up DrengAkademiet, which was showcased on DR1 in the spring of 2014, among other projects. Today she owns the company Raising Learners, where she offers advice to parents, local councils and other institutions on children and learning through lectures, courses, articles and blog posts. She has previously worked as a political consultant on educational policy at Christiansborg, the seat of the Danish parliament. Sofie has a ten-year-old daughter, Filipa.
