

Outline for book "Raising Children in the Epicurean Philosophy"

Post by "Elayne" of June 2, 2019 at 12:11 PM

This is my outline so far for a book for parents, combining my professional knowledge about child development (I am a pediatrician) and behavior with EP. I will likely not write chapters in order but will post as I go and then eventually have a full book done. I am very interested in hearing member stories about how they have applied EP to interactions with their children-- I plan to include stories from my own experience as examples of different points. This outline has some technical jargon in it for conciseness, but I will write in a conversational tone.

I would like your comments on the general proposed organization of information and suggestions for any key topic I may be omitting. Thanks!

I. Basic overview of EP, including physics, the Canon, and ethics-- fairly brief and I will probably write this part last

II. Physics (in which I will include relevant biological research, which is ultimately physics)

A. Material nature of the universe and of biological beings

. B. Brief overview of developmental human behaviors and evolutionary pressures-- genetics, epigenetics, environmental influences, timing of skill development, empathy, temperament, etc-- nature/ nurture. Parent nurture influence is a small part of the total environmental influence on adult behavioral outcomes, but we do have influence.

C. Evidence for prolepses-- humans not "blank slates"

D. Research on decision making/ choice and how humans participate in shaping the environment including culture. Include decision fatigue. The process of choice is not an illusion.

III. How children perceive reality and how to provide effective support as a parent

A. Sensory-motor development, effective ways to stimulate

B. Pain and Pleasure

1. Pain-- intrinsic vs extrinsic, pitfalls of behavioral modification (children are not like lab rats), role of pain as a vital warning system, how children express physical/ emotional pain and the temperament variations

2. Pleasure-- intrinsic pleasure, pitfalls of extrinsic rewards, individual variations, shared pleasure

C. Prolepses -- more details about some specific hereditary human cognitions such as innate recognition of justice

D. Development of abstract reasoning and common childhood errors in interpreting their experiences. Human cognitive heuristics. The use and precautions of reasoning as a tool.

IV. Ethics in child raising

A. Setting an example through living a pleasant life yourself, demonstrating honesty, trustworthiness, justice, kindness, friendship, wise judgment/ planning-- "show your work" to child so they understand what you are doing and why

B. Teaching wise judgment and decision making for net pleasure in developmentally appropriate ways

C. Making proxy decisions for a child's net pleasure, until child old enough to do so for themselves-- based on adult knowledge, experience, and observation of your child's individual temperament and preferences. Includes using evidence to make wise healthcare decisions for your child. Importance of maintaining your child's future freedom of choice.

D. Increasing shared pleasure in the family through activities and happy memories, building family relationships over time

E. Teaching children about common pitfalls in competing/ popular philosophies and how to recognize subtle variations-- stoicism, Buddhism, Humanism, various social utilitarianisms-- ists and isms, lol

F. Helping your child learn to evaluate potential friendships and skills to nurture true friendships and to recognize and leave situations where they are being treated badly-- social skills

G. Providing effective feedback to help your child learn from mistakes-- communication with children

H. Transitioning over time to a position of providing wisdom from experience and gradually releasing active decision making to children and teen, in age appropriate ways.

V. Raising children without supernatural beliefs in a supernaturalist society-- challenges and tips. Children's developmentally expected fears. How to discuss death with children.

VI. Summary-- raising children as part of a pleasant life, enjoying your relationship with your grown children, transmission of wisdom from one generation to the next. Since this is aimed at parents it won't have a section on enjoying not having children, although I certainly think this is a wise decision for some people!