



Gabor Maté's guide to a well-lived life

1. Know yourself. Work on unresolved emotional material.
2. Be intentional. Think out what your goals are for family life and your children's development.
3. Keep checking your life in the light of your intentions.
4. Put the health and emotional security of the children above all considerations of career, wealth, and so on, especially in the first few years.
5. If either parent can stay home with the children in the early years, even at an economic cost, do it.
6. Neither physical nor emotional caregiving should be the job of one parent only, if there are two parents in the picture. Share caregiving as much as possible.
7. Look after yourself. Your stresses are inevitably transmitted to your kids.
8. Family time should be sacred, such as family meals, weekends.
9. Keep the digital media and screens of all kinds out of the house or as far away from the kids as possible, until they are older and so well-connected to you that they will follow your directions and expectations.
10. If you have a spiritual path or mindfulness practice, keep it up and share with the children in an age-appropriate fashion.

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