

Back-To-School Chats

# **BACK-TO-SCHOOL CHATS**

Advice From Mothers To Their Daughters

Compiled by

**George Bradt**

# Back-To-School Chats

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## Back-To-School Chats

Fathers have told me that they read one piece from the first *Back-To-School Chats - Advice from Fathers to their Sons* to their sons each night and then talk about it with them. Mothers have asked me to do something similar for them to read with their daughters. Hence this book.

The first copy of the original Back-To-School Chats was a 21<sup>st</sup> birthday present for my son Peter. He'd remembered the back-to-school chats I'd had with him through the years, but had no idea I was writing them down, let alone compiling a book.

Similarly, the first copy of this version will be a 21<sup>st</sup> birthday present for my daughter Avery. She certainly got back-to-school chats from me. But, since they were not all that different than what I had told Peter, I thought she would find it much more interesting to have a collection of back-to-school chats other daughters had received from their mothers.

A lot of these chats revolve around caring. Take care of yourself. Take care of your family and friends. Take care of others in the world around you. Not a bad mantra. Not bad overall advice. Not a bad way to organize this book, understanding that much of the advice daughters receive from their mothers bridges across these artificial segments. In the end, the organization is much less important than the individual pieces of advice and stories.

Enjoy.  
George Bradt

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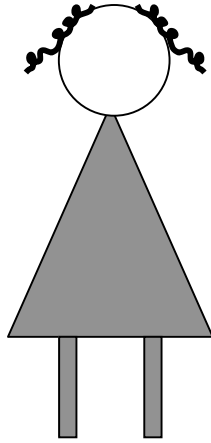
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# 1. Take Care of Yourself

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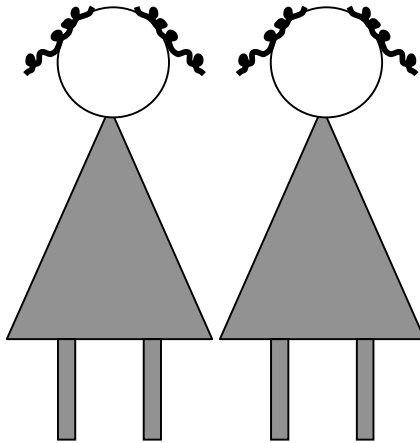
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***You***

YOU are responsible for your own happiness.

Laurie Cochran

# Back-To-School Chats



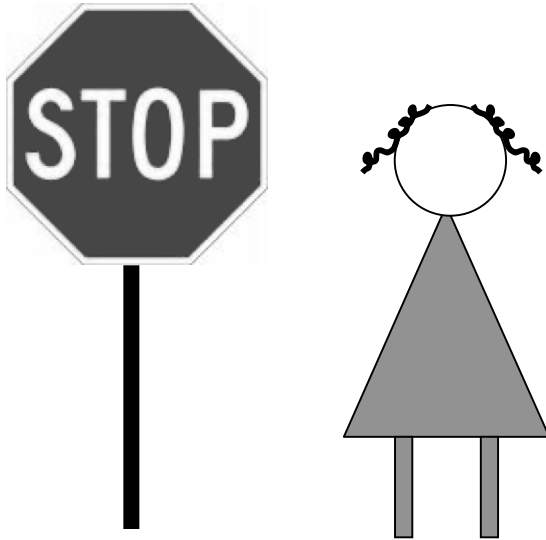
***Find, then be***

The best advice I ever got from my mother is something I remind myself of, from time to time, as I move through life. It's as relevant now as it was when she passed it along—back when I was navigating my teen years:

“Find yourself, then be yourself. If you consistently maintain your integrity, it will guide you through every imaginable storm.”

Veronica "Niki" Fielding

# Back-To-School Chats



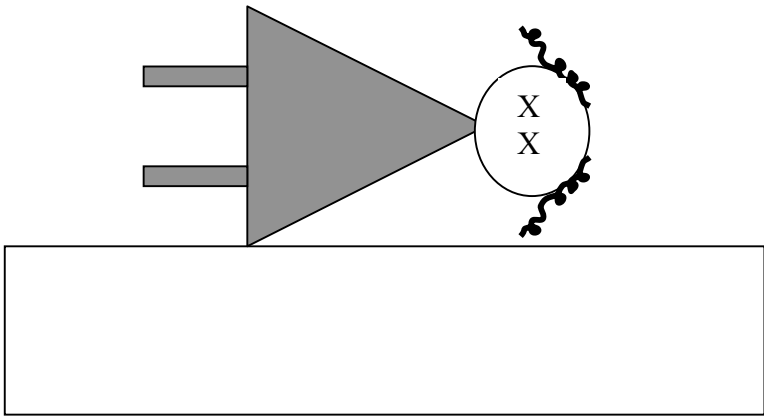
## ***Prevention***

While not the author of the sayings, “Prevention is better than cure”, “Necessity is the mother of invention” and “Truth is stranger than fiction” my mother introduced me to them and I associate them with her.

While I am amazed at how frequently the second two ring true, the first one is real advice. “Prevention is better than cure” applies to a very wide range of situations from the serious (health) to the mundane (housekeeping). It stops me in my tracks almost daily as I attempt shortcuts that will eventually cost me.

Meg Lavelle Bradt

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***Sleep***

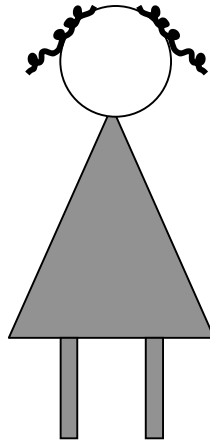
Get a good night's sleep. There are times when it is the hardest thing to do.

Anna Tavis

**Go Harvard!**

**Go Sox!**

**Go to church!**



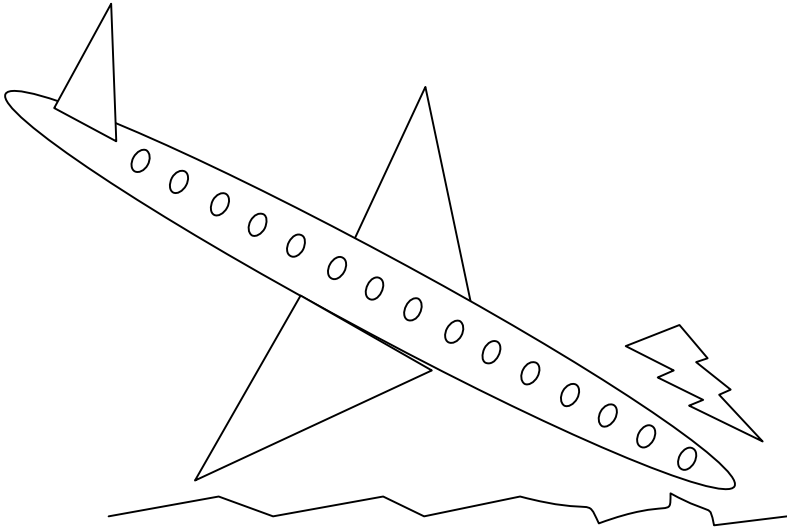
***3 and 0***

One of the last pieces of advice my aged grandmother shared: "You can do anything you want if you graduate from Harvard, attend church sometimes, and die a Red Sox fan!"

So far I'm 3-0.

Alison Chaltas

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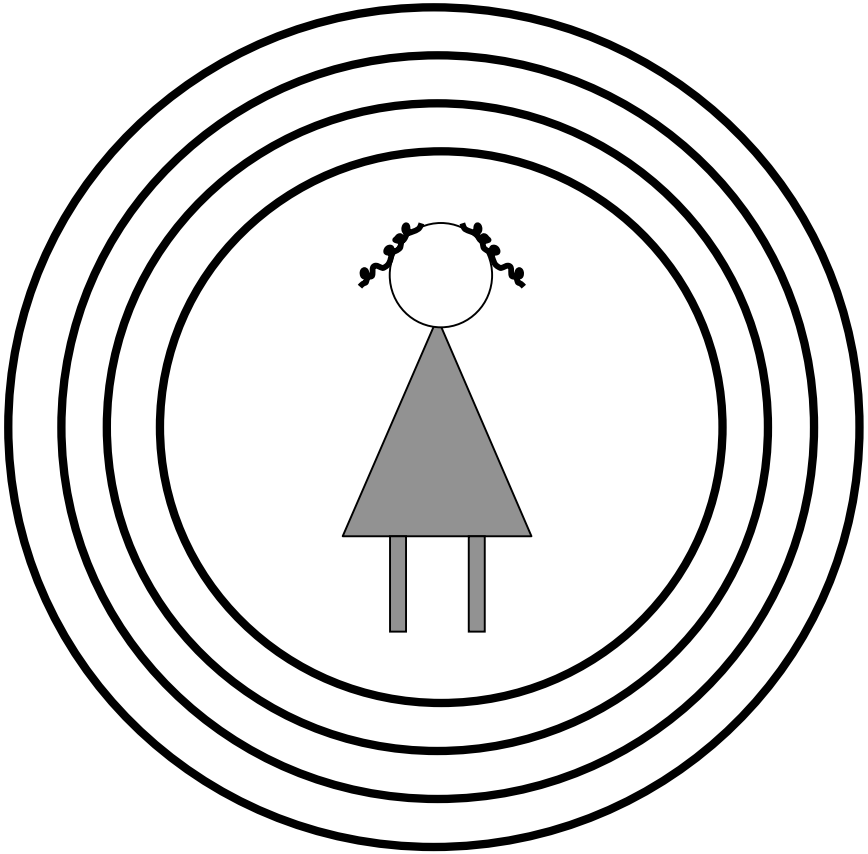


***Uncle Tom's Airplane***

Mom was very big on not eating undercooked pork, and we were not allowed to fly with my Uncle Tom, who had a habit of crashing his planes.

Carol Cheney

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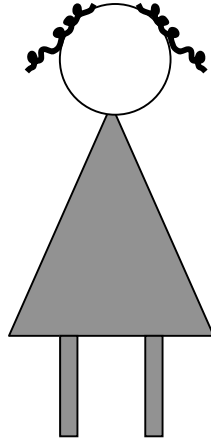


***Be where you are***

“Be where you are”. By this, my mother meant that you should stay focused on what you should be doing. For example, during finals, you should be studying, not partying.

Jan Phillips Davis

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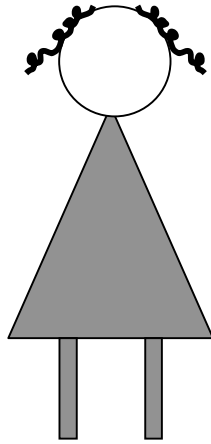
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***Your own money***

My mother said to me in 1948, I was 15 years old, "you must always have your own money even if you are married" and don't tell your husband. I think that was a pretty good message. In those days most mothers said get married...and a rich man is as easy to love as a poor one! (Something like that)

Harley Osman

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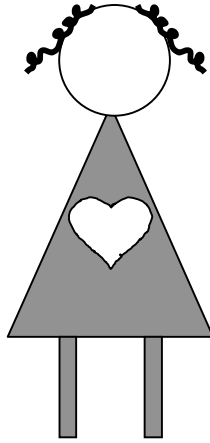
***Money of your own***

A woman should always have money of her own.

- from my grandmother who otherwise was a very gentle and very traditional lady.

Katherine Hudson

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### ***Follow your heart***

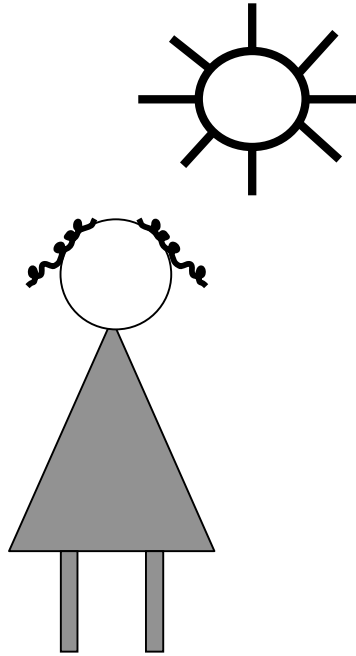
**Follow your heart.** Just recently, while doing a family history film project, I asked my mother what advice she would offer her grandchildren? Mom said: “to follow your heart.” When I thought about this, I realized that for all 40 years of my life, she had instilled this bit of advice in me. No matter how nice it would be at times to have someone just tell you what to do or what direction to take your choice must ultimately come from within. With this in mind, Mom would often ask questions about the happenings in my life without imposing her opinion. She would inevitably wait until I figured it out for myself, and only then pipe-in: “thank goodness you broke up with him!”

**Listen.** Mom is a good listener. By example, she taught me how important it is to listen to people. I’m working on it, always.

**Clean up for the house cleaner.**

Kate Howard

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***Aim for the sky***

My mother told me a slogan over and over, the author of which I believe was Elsie Day, my Mom. "It's better to aim for the sky and hit the wall than to aim for the wall and hit the ground".

Dinah Day