

You are the Experts of your Family!

Children need to experience difficulties in order to practice overcoming them. At times it may seem easier to take over when children are facing setbacks. Instead, parents and caring adults can support children through the challenge, and allow them to experience success in building their own skills.

Overcoming adversity is an important part of building resilience. Just like a muscle, the more we use it the stronger it gets!

Allowing Adversity:

A small degree of adversity can be an important part of childhood because it helps children develop problem solving skills and build confidence. Instead of protecting children from every single obstacle, adults can help children learn the skills and confidence to overcome these challenges on their own.

We don't often think of stress as a positive thing, but without a certain amount of stress sometimes, we would never learn how to deal with it. Shielding children from all stress may not prepare them for the challenges of life. Children can build resilience by experiencing a normal degree of stress or adversity to prepare them to be more independent.

Opportunities to follow through on tasks help children develop a sense of responsibility and independence.

Promoting Responsibility:

Parents and caring adults can encourage children to take on more responsibility by helping them find their own ways of dealing with challenges. This will help children feel more confident and inspire them to take on more challenging tasks.

Guidance and encouragement from parents help children become aware of their strengths and skills. The confidence that comes from knowing their own abilities will promote independence and encourage children to try new things.

Mistakes only show us the things we have yet to learn. They offer us opportunities to learn how to do things better next time.

Making Mistakes:

Children can be deeply impacted by criticism from adults. When talking to children about mistakes, it is important to focus on their efforts rather than failures. When children feel supported, they will be motivated to make better choices in the future.

When dealing with a child's mistake, parents should focus on the child's efforts. For example, you might use phrases such as "That was really close, try again!" or "I can see you are really trying hard." Offer to talk through the situation by saying "Let's talk about what has happened here."

Opportunities to try new things promote healthy development.

Exploring talents and interests encourages children's strengths.

Focusing on strengths will celebrate the individuality of each child.

Focusing on children's abilities will strengthen their skills and inspire

Instead of shielding children from all challenges, we can help them find ways to work through them.

Experiencing Manageable Challenges:

- ☞ A small amount of adversity allows children to experience risk, which promotes new skills and coping abilities that they will use to get through future challenges.
- ☞ All childhoods have challenges in them. The key is helping children find their own ways to manage these challenges, not to safeguard them from every problem.
- ☞ Experiencing and overcoming adversity builds resiliency! A child who is able to work through a challenge is better able to work through new ones.

When children practice making safe decisions, they learn new skills from those experiences that become tools for future success.

Focusing on strengths provides opportunities to celebrate the individuality of each child. Children feel confident in who they are as they recognize their own abilities.

Family relationships are strongest when everyone experiences trust and respect. This means using open communication and cooperation, and identifying clear roles and responsibilities. Children learn responsibility when they feel they are trusted and when they understand what is expected of them.

Mutual Trust:

- ☞ Trust is important in all relationships. In a parent-child relationship, it is important for children to feel confident asking parents for help. Children should be able to trust that their parents will work with them to solve problems and overcome challenges.
- ☞ Children who feel secure when approaching parents for assistance or advice with their problems trust that they will receive support when faced with a dilemma.
- ☞ It can be hard for parents to know everything that is going on in children's lives. Trust and respect will help open the lines of communication between the parents and children so parents are more informed about children's friends and social activities.
- ☞ The stronger the parent-child relationship is, the more likely children will be to respect the roles and expectations set in their home. Work together with your child to outline the roles and expectations in your family.
- ☞ Healthy relationships involve spending time together, showing kindness, and offering guidance, while allowing children the opportunity for independent exploration and to make their own decisions when appropriate.