

Raising the bar for your children

Do you challenge your children from time to time to extend themselves? Do you make your children feel a little uncomfortable because the demands on them are more than they are used to?

Every child needs to be challenged if they are to learn the extent of their abilities. Recently, a mother told how she challenged her twelve year old son to raise the bar on his capabilities. He had to produce a three-fold travel brochure for a school project, which involved a mixture of computer, literacy and research skills. The time-frame was short and his parents were busy so he became extremely anxious.

His mother adopted a 'You can do this' approach and left him alone. She admitted that she wasn't sure if he could do the job, but she wasn't going

to let him know that. He surprised himself by working harder than he ever had and produced a fantastic piece of work. This student has now raised the bar for both his standard of performance and his work. He didn't know what he was capable of until he was challenged to the limits of his ability and work capacity.

As parents we are protectors, supporters and teachers for our kids...but we also need to be challengers from time to time so they can see for themselves their real capabilities.



Quick Parenting Quiz

- Empathetic listeners do which of the following:*
 - Listen then give advice
 - Validate another person's feelings
 - Reflect back how a person maybe feeling about a situation
 - Try to put themselves in the other person's shoes

- Australian families are getting bigger.*

True or false

Answers:

1 b) c) and d)
2 false) The birthrate is currently around 1.85 which compares with 3.5 children per family in 1961.

Vitamins for parents

Three questions to ask children when they are presented with a challenge:

- Who can you ask for help?
- What can you read to help you?
- What is the first step you need to take?

Bright idea



Nuke the negative

Teach your child or young person to dispute negative views they have of themselves or others. Help them see the irrational nature of statements such 'I am hopeless'. Challenge such negative statements and encourage children to do the same.

Wise & Witty Words

"Just do what we say, Dad, and no one will get hurt."

Two daughters who obviously have their father under control.

"Healthy families remind each other of their goodness. Unhealthy families remind each other of their failings."

Matthew Fox