

## Resilient kids are resourceful kids

*If you want children to be resourceful* then you need to place them in the position to develop their resources. This can be tough because a parent's natural instinct is to care for, nurture and even protect children and young people.

When you provide the space and opportunity for children to solve their own problems and difficulties then you give them the chance to grow and develop the skills necessary to cope.

A recent national television advertisement showed a mother taking a forgotten lunch to her child in school. The advertisement presented this woman as the epitome of caring motherhood. However this mother robbed her child of an opportunity to resolve a problem himself.

It is amazing how children can resolve many of their own difficulties when we

stand back a little and give them the chance. It is by learning to deal with life's minor hardships that children and young people develop the skills and tools to cope with some of the bigger challenges that can come their way.

Research indicates that resilient children are generally independent, resourceful individuals with effective social skills. They can also draw on past experiences when they meet with difficulties. By protecting them from life's smaller hassles adults rob children and young people of opportunities to promote personal resilience.



### Quick Parenting Quiz

- The main developmental task for children in middle childhood (or pre-school and primary school age) is to*
  - Develop a sense of competence
  - Develop a sense of identity separate from their parents
  - Develop a sense of pride
  - Develop a sense of values
- The main developmental task for adolescents is to:*
  - Develop work and occupational skills
  - Develop a sense of their own identity
  - Develop emotional competencies
  - Develop good relationships with other adults

Answers: 1a) and 2b)

### Vitamins for parents

You promote resilience in children and young people when you:

- Maintain a close, loving relationship.
- Have positive expectations for their future.
- Encourage active participation in family-life.

### Bright idea



#### Using your R & I

When children come to you with a problem or minor difficulty that you know they can handle invite them to apply their R & I – their Resourcefulness and Initiative. Like everything else their R & I needs to be exercised if it is to develop.

### Wise & Witty Words

"Good timber does not grow with ease. The stronger the wind the stronger the trees. "

*Williard Marriott*

"Kids can walk around trouble if they have some place to walk to and someone to walk with."

*McLaughlin*