

# RESPONDING WITH CONFIDENCE AND RESILIENCE

HOW TO RAISE EMOTIONALLY HEALTHY CHILDREN WHO ARE BETTER ABLE TO ADAPT TO LIFE'S CHANGES AND CHALLENGES.

## 1 Give Them Support

When children are upset and uncooperative, do not assume they are being difficult. If a child refuses to carry on with a new activity, it could just be that he is frustrated with it. Not being able to accomplish something might make him feel like giving up. Guide him along, but let him solve a problem himself. Gentle encouragement helps to cultivate in children the attitude of not giving up.

Mrs Sarojini Padmanathan



## 5 Provide security and unconditional love

Focus on the child's behaviour, not the person. Saying "Your words were very hurtful" rather than "You are so rude" gives room for improving the behaviour. Saying "You did that project really well" rather than "You are so clever!" focuses on the action. This way, children know they are loved regardless of their achievements or failures. ♥

Mrs Claire Nazar

## 3 Highlight Their Strengths

Encourage children to develop their strengths and talents by setting reasonable, moderately-challenging goals that stretch their abilities. If they fall short, help them to identify areas for improvement and encourage them to pick themselves up. Teach them to enjoy life with a touch of humour and perseverance.

Dr Tan Ern Ser



## 2 Connect With Them

Minimise the communication gap by getting to know and understand more about your children's world. For instance, even if we don't play a game they like, we should at least know what it is and get excited about their progress in the game. We can then connect better with our children when we have common conversation topics.

BG (Ret) Ishak Ismail



## 4 Provide A Strong Foundation In Values

Children need a firm guidepost when learning values. Parents should be consistent and lead by example so that children can internalise these values for life. Strong values will guide children in responding positively when they meet with challenges in life.

Dr Thang Leng Leng



## WHO THEY ARE

The tips are provided by Council members from Families for Life (FFL). They are:

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FFL aims to build strong and resilient families by creating platforms for family bonding and engaging Singaporeans in conversations about families. For more parenting resources, go to [www.familiesforlife.sg](http://www.familiesforlife.sg).