



Positive Parenting

Building resilience through Positive Parenting”



Resilience, what does it mean?

Process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means “bouncing back” from difficult experiences. Resilience is a key component of emotional intelligence. As a tool to aid parents in raising resilient children, The American Academy of Pediatrics developed the 7 C’s model to provide a practical approach that parents can use.

Road to resilience - Focus on 7C’s!

Competence

Describes the feeling of knowing that you can handle a situation effectively.

- Empower children to make their own decisions
- Allow children to actively participate in chores at home

Confidence

Belief in one’s own abilities.

- Focus on the best in each child
- Recognise when he or she has done well
- Not pushing the child to take on more than he or she can realistically handle

Connection

Develop close ties between family and community.

- Build a sense of physical safety and emotional security within your home
- Address conflict openly in the family to resolve problems
- Foster healthy relationships by allowing expression of all kind of emotions

Character

Develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others.

- Demonstrate how behaviours affect others
- Help your child recognise himself or herself as a caring person
- Avoiding racist or hateful statements or stereotypes

Contribution

Understand the importance of personal contribution and how it can serve of purpose and motivation.

- Stress on the importance of serving others by modelling generosity
- Create opportunities for each child to contribute in some specific way
- To actively participate in volunteer activities

Coping

Develop coping skills to deal with stress.

- Guide your child to develop positive and effective coping strategies
- Do not condemn your child for negative behaviours

Control

Children who realise that they can control the outcomes of their decisions are more likely to realise that they have the ability to bounce back.

- Help your child to understand that most things that happen are the result of another individual’s choices and actions
- Learn that discipline is about teaching, not punishing or controlling