



# 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