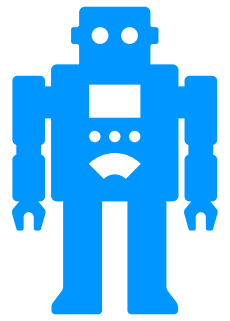


# HOW TO EMPOWER CHILDREN



...When they struggle

## 1 LISTEN AND EMPATHISE

Practice listening when your child vents to you about a problem.

- Provide choices
- Validate your child's feelings
- Ask your child open ended questions
- Prompting with questions like
- You can also ask "What do you need from me?"

"What do you think would happen if you tried —?"

## 2 MODEL THE ATTITUDE YOU WANT TO SEE

Practice listening when your child vents to you about a problem.

- Use phrases like, "This is hard. I need a break," or "This is hard. I'm going to keep trying."
- Ask your child to help brainstorm solutions.
- Avoid expressing negative opinions of yourself or making comments like, "I can't do this."
- Focus on the positive. Was a lesson learned? Did you improve? Did you overcome the struggle? And how great did it feel?

## 3 BUILD UP CONFIDENCE WITH AGE-APPROPRIATE TASKS

Boost your Child's feelings of confidence and capability by allowing them to do age-appropriate tasks on their own.

Making the bed

Picking up toys



Preparing foods like cereal or toast



Getting dressed



## 4 REMIND THEM OF PAST STRUGGLES AND ACCOMPLISHMENTS

Remind your child of tasks that were once difficult and became easier with time.

What are your child's strengths?



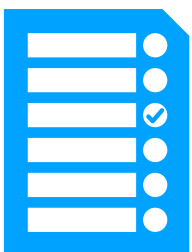
How did they grow these strengths?



## 5 TEACH PROBLEM SOLVING SKILLS

Teach a simple process like the following:

- Step 1: What am I feeling?
- Step 2: What's the problem?
- Step 3: What are the solutions?
- Step 4: What would happen if... ?
- Step 5: What will I try?



## 6 KNOW WHEN TO LEND A HAND

Step in when:

- There is a safety concern.
- When a task that is not developmentally appropriate.
- A skill needs to be learnt before your child can succeed.
- Your child has tried multiple strategies and persevered, but is still struggling. In this case, offer guidance and help. Then, discuss what your child learnt and praise the effort/progress.