

HANDOUT

How To Address Challenges With Your Child



Using the right words and beginning a conversation the right way (normally called a sentence stem) is a great tool any parent can use to support increasing self-esteem, resilience and redirect unhelpful behaviour to helpful behaviour.

Children of all ages look to adults as a guide. They take their cues from us, and our voice becomes their internal voice. Our reactions impact their motivation, courage and sense of self.

When your child is frustrated or having a hard time with something, it helps to say:

- You managed that challenge.
- That seems to be getting easier for you!
- You might feel like you can't, but it is important to try...
- Remember back when you didn't know how to_____ and you learned it? It wasn't easy at first, but now you know how. This new challenge will be like that too.

3 TIPS ON HOW TO ADDRESS CHALLENGES WITH YOUR CHILD



TIP 1 →

Use a past challenge your child learned to overcome to support them with their new learning. Example: "Remember back when you didn't know how to_____ and you learned it? It wasn't easy at first, but now you know how. This new challenge will be like that too."

TIP 2 →

Notice and communicate your child's strengths to them.

TIP 3 →

Support your child as they try to solve the challenge by themselves. Example: "I know this is super hard for you right now, but it is so important to try..."

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"It's really important to know as a parent, that you can use words in a specific way to support your child feeling safe while overcoming their challenges."

- Jaimie Bloch