

PARENTS CONNECT @ADPS ISSUE 6 2024



<https://depositphotos.com/illustrations/bravery.html>

Dear Parents,

Welcome to our newsletter focused on fostering **courage** in our children. As we navigate through the challenges of raising resilient and confident individuals, cultivating courage becomes a vital aspect of their development. In this edition, we will explore practical strategies and insights to help instill bravery and resilience in our young ones.

Courage is not the absence of fear but the ability to act in spite of it. It is about facing challenges, trying new things, and persevering in the face of adversity. By nurturing courage in our children, we empower them to take on life's obstacles with confidence and resilience.

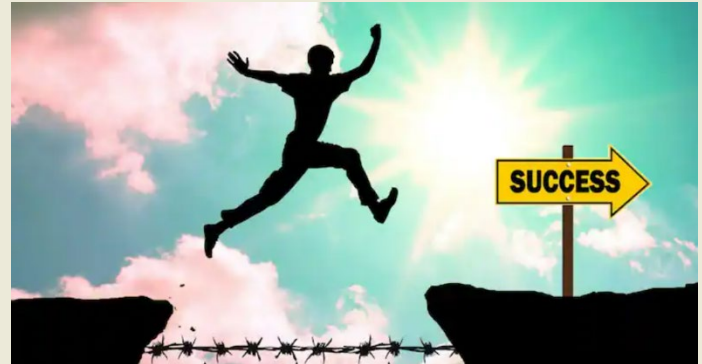
Warm Regards,
Counselling Team
Admiralty Primary School



7 Strategies

Encouraging Risk-Taking:

Encourage your child to step out of their comfort zone and try new activities. Whether it is joining a club, participating in a sports team, or speaking up in class, taking risks helps children build courage and develop new skills.

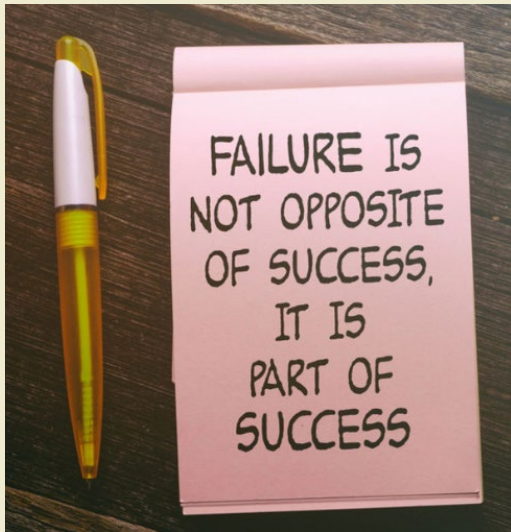


Positive Reinforcement:

Celebrate your child's efforts and achievements, no matter how small. Acknowledge their courage in trying new things and overcoming challenges. By providing positive reinforcement, we reinforce their belief in themselves and their abilities.

Teaching Problem-Solving Skills:

Help your child develop problem-solving skills by encouraging them to think critically and creatively. When faced with obstacles, guide them through the process of finding solutions and taking action. Teaching them to approach problems with a positive mindset cultivates resilience and courage.

**Leading by Example:**

As parents, we serve as role models for our children. Demonstrate courage in your own life by facing challenges with determination and resilience. Show them that it is okay to make mistakes and that setbacks are opportunities for growth.

Building Emotional Resilience:

Help your child develop emotional resilience by teaching them coping strategies for managing stress and adversity. Encourage open communication and provide a supportive environment where they feel safe expressing their emotions.

Fostering Independence:

Allow your child to make age-appropriate decisions and take on responsibilities. Giving them autonomy builds self-confidence and encourages them to trust their instincts. As they learn to navigate the world independently, they develop courage and resilience.

Seeking Support:

Encourage your child to reach out for help when needed. Whether it is seeking assistance from a teacher, counselor, or trusted adult, knowing when to ask for support is a sign of strength, not weakness. Emphasise the importance of building a supportive network of friends and mentors.

Please indicate in the column below if you have used any of these strategies before.

Strategies	YES	NO
Encouraging Risk-Taking		
Positive Reinforcement		
Teaching Problem-Solving Skills		
Leading by Example		
Building Emotional Resilience		
Fostering Independence		
Seeking Support		





As parents, we play a crucial role in nurturing courage in our children. By providing encouragement, support, and guidance, we empower them to face life's challenges with bravery and resilience. Let us continue to cultivate a culture of courage in our homes and communities, inspiring our children to pursue their dreams and aspirations with confidence.

Thank you so much for your unwavering dedication and commitment to supporting your child's growth, development and education. Your active involvement and support make a tremendous difference in their journey.

If you would like to read further, you can click on the links below:

- ❖ **How To Cultivate Courage For Our bubble-wrapped kids so they find strength to face adversity and do the right thing.**

[HTTPS://MICHELEBORBA.COM/BUILDING-MORAL-INTELLIGENCE-AND-CHARACTER/9-WAYS-TO-CULTIVATE-COURAGE-IN-KIDS/](https://MICHELEBORBA.COM/BUILDING-MORAL-INTELLIGENCE-AND-CHARACTER/9-WAYS-TO-CULTIVATE-COURAGE-IN-KIDS/)

hegardenerschool.com/blog/how-to-help-your-child-build-courage/

- ❖ **How to Help Your Child To Build Courage.**

<https://www.psy-ed.com/wpblog/child-courage/>

TOP 10 CHARACTERISTICS OF RESILIENCE

GROWTH MINDSET



"It's not that I'm so smart. I just stay with problems longer."
— Albert Einstein

OPTIMISM



"There is a crack in everything. That's how the light gets in."
— Leonard Cohen

INTERNAL LOCUS OF CONTROL



"I am not what happened to me. I am what I choose to become."
— Carl Jung

SENSE OF MEANING



"The meaning of life is to find your gift. The purpose of life is to give it away."
— Pablo Picasso

STRONG SELF-WORTH



"Too many people overvalue what they are not and undervalue what they are."
— Malcolm Forbes

SELF-COMPASSION



"Self-care is never a selfish act; it is simply good stewardship of...the gift I was put on earth to offer to others."
— Parker Palmer

PERSEVERANCE & GRIT



"What is to give light must endure burning."
— Viktor Frankl

COMMUNITY & SUPPORT



"The one of us who finds the strength to get up first, must help the other."
— Vera Nazarian

COURAGE



"Fall seven times, rise eight."
— Japanese Proverb

HUMOR



"Don't take life too seriously - you'll never get out alive."
— Elbert Hubbard

