

# PARENTING ARTICLE

Methodist Welfare Services Parenting Newsletter Issue 02

Jun/Jul 2021

Dear Parents,

I hope you found our previous parenting article “**Screen Time or No Screen Time**” helpful. In this article, we will discuss how you can build resilience in your children. This is especially useful now considering the pandemic situation we are in.

## Parents are role models

Sometimes, it can be challenging to get our children to focus on completing given tasks. When such situations arise, what do you as a parent do? Do you nag at your children or even raise your voice? While you may be impatient or tired, and looking forward to your night of rest, your actions/words have a major impact on your children. They mirror us when dealing with similar challenges because our children look up to us as role models. Therefore, we must demonstrate strength and resilience, and avoid escalating traps. By doing so, we can then help them cultivate good habits so that they can focus on completing their tasks.

## Being a resilient parent

In this parenting article, “**Be a Resilient Parent, Raise a Resilient Child!**” we would like to share with you how **Stress + Expectations = Low Resilience**. This formula will provide you with some handles to raise resilience in your children.

**Stress** is the result of a perceived inability to complete a task within a time frame. For example, when your children are unable to complete a task, it is crucial to understand what the obstacles are. With this understanding, you can better support them by pointing them to the available resources. Some of these resources are your children’s personal yet hidden capabilities. However, your children might not be aware of what they already have. Therefore, it is important to guide them. Through nurturing conversations, you can help your children to be aware, and thus, improve their self-belief. However, if their skills are deficient, you will need to equip your children with these competencies. It is also essential to affirm their effort rather than concentrating on the outcomes. Stress, if not handled properly, could affect your children’s cognitive ability, impacting their performance and esteem.

---

**“Sometimes, it can be challenging to get our children to focus on completing given tasks. When such situations arise, what do you as a parent do?”**

---



Photo credit : Unsplash.com

***“You might see your child as the problem, but we see your family as the solution.”***

***- Guy Diamond, co-developer of Attachment Based Family Therapy***



Photo credit : Unsplash.com

**Expectations** can also increase stress and lower resilience in your children. For example, some parents expect their children to be able to complete their tasks independently. However, if your children lack the skills, you would need to coach them. It is useful to ask yourself whether your expectations are realistic and age-appropriate. Consider speaking with other parents to moderate your expectations. While it is important to manage your expectations, it does not mean that you do away with them. Therefore, communicating realistic and achievable expectations with your children before executing tasks is necessary. Higher expectations can only be met if they go hand-in-hand with the necessary support given. For example, you can tell your child, "Vivian, Mummy believes that you can do it. But if you need support, just let me know and we can work it out together." As parents, you can be demanding only when you are available and supportive.

Based on the formula, if we can manage expectations and reduce stress, we can improve resilience in our children. So, what is resilience?

**Resilience**, simply put, is our ability to bounce back after experiencing difficulties. Difficult situations can offer lessons for our children. Parents can help in this process by doing the following actions:

**Try – Tell your children that it is ok to try and fail.**

**Learn – Ask your children what they have learnt from the experience.**

**Adapt – Formulate new strategies to deal with the difficulties.**

**Continue – Press on with the task with adapted strategies to achieve success.**

Parents can also communicate clearly to their children the purpose of their given tasks. When the purpose is known, they will be more likely to persevere in reaching their goals.



### Tips to encourage our children to complete a task:

- Outline the goals.
- Break down the tasks into smaller steps to make it easier to achieve sequential successes.
- Provide prompts/hints for them to find the solutions themselves.
- Give suggestions on where resources/ information can be obtained.
- Ask our children what they have learnt and what worked well for them.
- Praise and reaffirm them

### Tips for parents to stay resilient:

- Role model how we handle obstacles by reducing stress and managing expectations.
- Communicate in a firm and kind manner so that we can deal with our children calmly.
- Avoid over protecting our children. It is all right for them to have obstacles in their lives. It is also all right to fall as long as they try to learn from their experience.

### Tips for the whole family:

- Build a safe and loving environment where all members of the family can freely express their feelings.
- Practise self-care - 10-3-2-1-0 Formula: win your mornings and sleep better
- Maintain a daily routine.
- Stay connected by intentionally and purposefully spending time with your children:
  - ⇒ Talk with your children.
  - ⇒ Show affection.
  - ⇒ Give descriptive praise.
  - ⇒ Provide opportunities for engaging activities.
  - ⇒ Impart problem-solving and coping skills to your children.
  - ⇒ Help your children to learn from their mistakes so that they can achieve success in the future.

We hope that you have found this parenting article useful. If you need further assistance, please do not hesitate to email us at [mwsfspeast@mws.sg](mailto:mwsfspeast@mws.sg). We also strongly encourage you to sign up for Triple P (Positive Parenting Program) to enhance your parenting skills using [FormSg](#). We leave you with this quote:

***“You might see your child as the problem, but we see your family as the solution.”***

- Guy Diamond, co-developer of Attachment Based Family Therapy

From the MWS FSP Team  
**Leave a Positive Mark on Lives**



Photo credit : Unsplash.com

**“We need to raise our children to live like bamboo, deeply rooted but flexible in the wind.”**

- Episode 81,  
[MightyParenting.com](#)