Tip of the Month

Welcome to the first in the series this year. My focus with these tips is on building resiliency in children, which I feel is one of the most important things we can do as parents. I hope to have one available each month. I am always available to speak to you at your centre if you have any questions. This month's tip is: **"Be a Strengths Detective"**

Pointing out your children's strengths is a much better confidence builder than focusing on their limitations. Sometimes it is hard to do that depending on your child's behavior but very important none the less. All children have strengths, some just require more detective work. When we focus on those strengths and encourage play at activities that build on those strengths we see their self-confidence grow and we see less problem behaviors. Very important to maintain this detective work as your child grows right through the teen years. If children are enjoying something they are good at and getting lots of positive feedback they are much more resilient. Self-confidence is a very important piece of raising a resilient child!

Sandy McKay
Resource Consultant
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