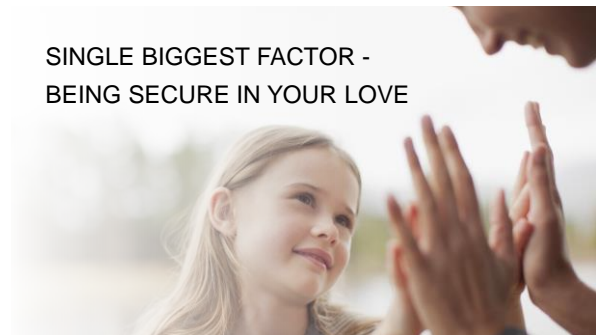


# Happy, confident and resilient children

John Cowan



# Happy, confident and resilient children

John Cowan



## BEING SECURE IN YOUR LOVE

Possibly nothing is more toxic than thinking we aren't loved by our parents



BEING LISTENED TO IS SO MUCH LIKE BEING LOVED, MOST PEOPLE CAN'T TELL THE DIFFERENCE



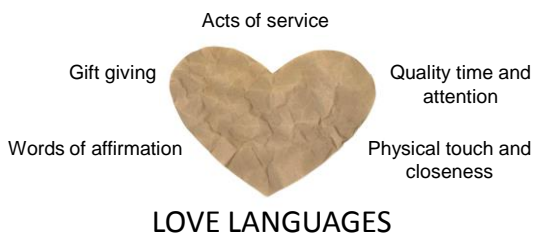
## LEARN THE ART OF REFLECTIVE LISTENING

Listening so that they will talk!



## REFLECT THEIR FEELINGS

- Diffuse emotion by understanding comments
- Indicates you have heard your child and it is important to you
- Accepting their feelings is accepting them

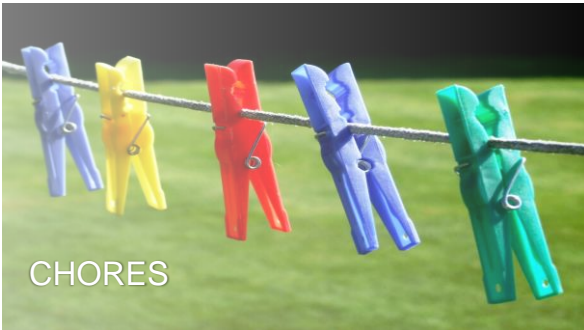


INDULGED CHILDREN ARE AS MISERABLE AS DEPRIVED CHILDREN



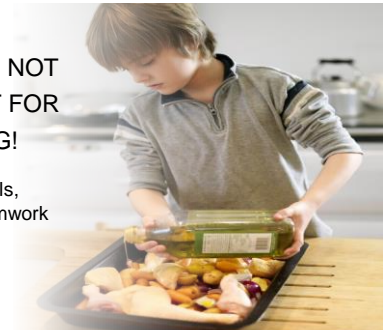
# Happy, confident and resilient children

John Cowan



## CHORES ARE NOT PUNISHMENT FOR BEING YOUNG!

They teach life skills, resilience and teamwork



## CHORES

- They can build self-esteem and connectedness
- Don't institutionalise your child!

*If you do anything for your child that they can do for themselves, you are robbing them!*



## CHORES

- It helps reduce the 'world revolves around me' beliefs
- It teaches time management
- It will save you time and energy - but only in the long run

*If something is worth doing, it is worth doing badly at the start*



## CHORES

- They will be nicer to live with
- They can move out
- Make better flatmates
- A gift to your sons- and daughters-in-law

*Are you simmering with resentment at being taken for granted?*

*Kids never notice a 'tail wind'*



## REWARD CHARTS

- Small attainable goals
- Best only for a short time
- Keep you focused on progress
- Raises motivation until a habit form

*Will the progress vanish when the payment stops?*



# Happy, confident and resilient children

John Cowan



## OPINION

- Don't pay them for chores!
- There are privileges (pocket money) and duties (chores)
- You can stop pocket money as a consequence
- You can pay extra for extra work

*Love-led duty can be a wonderful and positive thing*



## TEACHING TASKS

- You watch me **They understand what to do**
- You help me **They get confidence**
- I'll help you **They gain skills**
- I'll watch you **They are affirmed**

## PRAISE AND ENCOURAGEMENT

- Praise and encouragement are not the same!
- Praise when deserved
- Encouragement when needed

*"If you acknowledge what a child does in front of someone else, you maximise the effect by about four times."*

Sylvia Rimm

## BREAK THE TASKS DOWN

- Resistance may be from not knowing what to do
- Make it clear
- A list of sub-tasks

*Passive aggression – feigned compliance, slowness, 'forgetting'*



## APPRECIATE YOUR CHILDS...

- Unique gifts
- Personality
- Tastes





# Happy, confident and resilient children

John Cowan



## BIRTH ORDER EFFECT

- The responsible oldest
- The fiery second
- The cute youngest



## OTTER TEMPERMENT

*The entertainer*



- Enthusiastic
- Takes risks
- Visionary
- Motivator
- Energetic
- Very verbal
- Fun-loving
- Enjoys change
- Creative
- Group-oriented
- Optimistic
- Friendly

It'll work out!

Let's do it the fun way!

Trust me!

## LION TEMPERMENT

*The leader*



- Firm
- Enterprising
- Competitive
- Enjoys challenge
- Problem solver
- Confident
- Controlling
- Goal-driven
- Decision-maker
- Adventurous
- Strong-willed
- Independent
- Self-reliant

Let's do it my way

Let's do it now!

## GOLDEN RETRIEVER TEMPERMENT

*The peace-maker*



- Sensitive feelings
- Loyal
- Calm
- Non-demanding
- Dislikes change
- Accommodating
- Sympathetic
- Thoughtful
- Nurturing
- Good listener
- Gives in
- Avoids confrontations

Let's keep the peace

Let's keep things the way they are

## BEAVER TEMPERMENT

*The facilitator*



- Reads instructions
- Accurate
- Consistent
- Predictable
- Practical
- Orderly
- Factual
- Perfectionist
- Discerning
- Detailed
- Analytical
- Scheduled
- Sensitive

Let's do it the right way

How was it done in the past?

## WHAT THE BEASTS NEED



OTTER

Affection, attention, approval



LION

Credit, loyalty



GOLDEN RETRIEVER

Value, respect

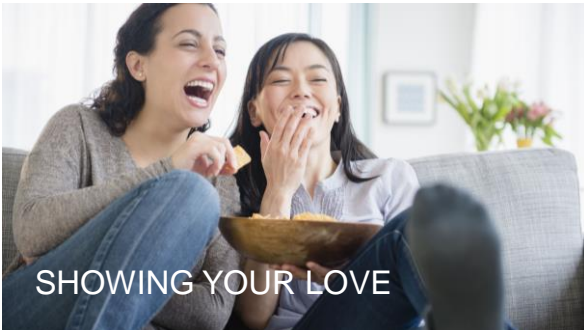


BEAVER

Space, support, security

# Happy, confident and resilient children

John Cowan



## SHOWING YOUR LOVE

## MAKE A LIST OF THINGS YOU REALLY LIKE

- Five behaviours or characteristics
- Post the list in a place you will see it
- Try and comment on *each* of those things *every day*



## STOP AND LOOK AT YOUR CHILD

- Look affectionately
- Show warmth and fondness in your eyes
- The gift of both eyes and both ears



## UNCONDITIONAL LOVE

- Don't attach what they do to your love
  - Not, "I love you when you are good, I don't when you're naughty"
- "I will love you regardless of what you do"
- "I will love you because I love you"

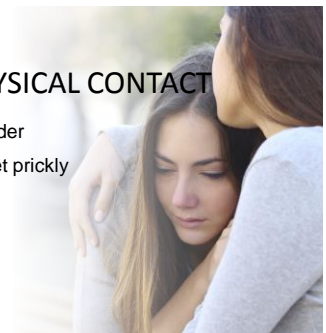
*Separate your child from their behaviour*

## CHILDREN REFLECT LOVE BUT DON'T INITIATE LOVE

- Don't look to them to satisfy your need for love
- You will feel hurt when they push you away
- Toddlers, six-year-old boys, teens

## KEEP UP THE PHYSICAL CONTACT

- Even when they get older
- Even when get they get prickly
  - It's just a stage



# Happy, confident and resilient children

John Cowan



## WE RETREAT... BUT FORGET TO COME BACK AGAIN

- Be the big person
- Forgive them



## TOGETHER TIME

- 20 minutes three times a week
- Child chooses
- Parents sits and watches
- Not a playmate, but attending

Get rid of the ideas  
'I'm a nuisance  
and unlovely'

## MAKE IT ROUTINE

- Play dates
- Bedtimes and mealtime rituals
- Don't let their behaviour derail your love and attention
- If you always have pizza on Fridays, you have pizza on Friday - even if he burnt your garage down

## LOVING DISCIPLINE

- Kids feel more secure and loved when there are boundaries around them
- It is more loving to give them the gift of self-control

