10 Positive Parenting Tips for Resilient Children

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1. Praise your children for trying and not for being perfect. Try to help your child focus on their effort in giving things a go and not necessarily for the outcome of their efforts.

2. Encourage your children to face difficult situations in a gradual, step-by-step manner. Don't help them avoid difficulties, as this will only promote fear.

3. Help your children learn to see life through a positive lens, and to see the glass as "half full". Children will learn to cope with difficult situations more effectively if they develop the ability to look for the positives in a situation and not focus on the negatives.

4. Support positive friendships in your children's life. Invite their friends over regularly - take them to the park, beach or to the movies together.

5. Start every family meal (dinner or breakfast) with each family member sharing a happy moment that they have had during the day or week. This can be as simple as "I played tiggy with my friend Sally at school yesterday" or "My teacher thought I did a great job with my homework this week". Provide lots of praise for sharing these ideas and feelings.

6. Set aside some "quiet time" in your family's life, such as having afternoon tea in the park or backyard after school. Take a break from constant stimulation (computers, television, ipods, phones etc.). You and your children need moments of peace and quietness.

7. Ensure that your child is getting enough sleep, has a healthy diet, and is getting regular exercise. Primary school children between the ages of 5 and 12 years need between 10 and 11 hours of sleep each night. A healthy diet includes eating a variety of nutritious foods and drinking plenty of water.

8. Provide your family with regular and predictable routines and rituals. (e.g. Before school - sit down to eat breakfast; after school - allow some relaxation time before homework, eat dinner, followed by some quiet time before bed).

9. Try to be consistent with schedules, rules and expectations in your parenting. (e.g. Both Mum and Dad enforce the same rules for cleaning duties and curfews; Have a regular time to eat dinner and go to sleep, etc).

10. Remember, most importantly to look after yourself as a parent, and increase happiness in your own life by making time for yourself and your own relaxing activities. If you are happy and positive your children will greatly benefit.

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