

# HOW TO NURTURE FEARLESS KIDS

*Advice from experts and wise parents on raising little pillars of resilience and confidence.*

“The most important skill you can teach kids is what I call ‘the change guarantee,’ which states that from any change, something good will come. Teach your kids not to fear life’s changes but to see them as new opportunities, full of possibility.”

—Ariane de Bonvoisin, change expert and author of *The First 30 Days*

“Parents shouldn’t interfere with their child’s natural curiosity by protecting them from exploring their world and generating solutions to their problems. This kind of approach will sabotage their development of resilience.”

—Brendan Belsham, MD, child psychiatrist and author of *What’s the Fuss About ADHD?*

“Give your children little sayings to live by. You will be amazed how they remember those little epithets in later years. Also, talk well of your children to others; the messages will come back to them and they will walk tall.”

—Professor Jonathan Jansen, vice-chancellor and rector of the University of the Free State

“I was never encouraged to trust in my own abilities and decisions as a child, and as a result was shy and terribly insecure. When I became a mom, I made sure to encourage my children to make their own choices. Mistakes give children the opportunity to try again.”

—Nadia Thonnard, parenting mediator and founder of the South African Divorce Support Association

“Parents who are emotionally and physically available, empathetic and encourage new endeavours nurture children who are fearless. Children who have a secure, nurturing attachment to their caregivers are able to recover from challenges with minimal emotional distress, which is itself the definition of resilience.”

—Salisha Maharaj, clinical psychologist

“When you have a rock-solid foundation, you grow less fearful. Every child needs a significant adult to teach them that life is not a box of chocolates, but rather a scrapyards where, if you look hard enough, you’ll find beauty, worth and value.”

—Gavin Keller, principal and CEO of the Sun Valley Group of Schools

## HOW TO

### DEVELOP MORE PATIENCE

“When I’m about to lose it, I remove myself from the situation by walking out of the room, or by closing my eyes and taking a few deep breaths. Then, I remind myself that I’m the one in control of the situation. When I have cooled off, I tell the adult or child responsible that I deserve an apology, which requires an acknowledgement that their behaviour has offended me. Finally, I do my best to move on with my day.”

—Anel Annandale, educational psychologist