

## **DEVELOPING CHILDREN'S INNER STRENGTH**

It is the treasures of the heart- inner qualities such as spiritual strength, character and humanity- that will ensure the true happiness of the child."

*Buddhist saying*

Inner strength, often called "**resilience**," is the ability to cope with the stressful situations that life throws at us. Inner strength is an essential resource. We may lose touch with it yet we can find it again. In dire situations people bring out their best, their resilience and courage, their practical intelligence, and above all, their inner strength.

Building inner strength begins with simple actions or thoughts that your child practices, such as planning for what to do next and learning to accept change. Inner strength can help a child face problems/challenges.

### **Common signs of a lack of inner strength:**

- Tantrums, outbursts, lying, bullying, over impulsiveness , low frustration tolerance and inability to handle failing/losing
- Lack of confidence, overdependence, restrictive fears, tendency to give up easily, low motivation and initiative
- Negative feelings and mood swings
- Value conflicts, ethical and moral dilemmas

### **Essential skills required to build inner strength are:**

- Self- awareness and self- management
- Self- belief and positive thinking
- Will power and self- discipline
- Problem- solving and decision- making
- Setting and working towards a higher aim

### **Guidelines for Developing Children's Inner Strength**

- Be there for them.
- Discipline them.
- Give them responsibility.
- Shield them.
- Let them experience consequences.

- Nurture their faith.
- Act, not react.
- Failures and disappointments are a part of life.
- Balance idealism and realism.
- A sense of gratitude
- Be connected.
- Stay engaged.
- I lead, you follow.

**For reflection:**

- Do you focus as much on nourishing the mental strength of your children?
- Do you take the time to look beyond the child's expressed behaviour to look into the deeper motivations?
- Does your child display healthy inner strength? What is the one thing you could focus on right now to strengthen that core?
- What is your child's biggest weakness as you see it? How can you help your child get stronger in this area without shaming or attacking him/her?
- Are you constantly working on improving your own inner strength?

**Children who are resilient:**

- Are more likely to grow into healthy, happy adults, even in the face of poverty, divorce, or family tragedy.
- Are better able to stand up to peer pressure so they can avoid using drugs, drinking alcohol, and smoking.
- Are better able to resist messages in the media that tell them to be or look a certain way.
- Feel confident when meeting new people.
- Like to do nice things for others.
- Are loving and lovable.
- Are optimistic about life.

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