



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "I can do it by myself!"

Older students/teens/adults: Self-trust; relying on your own judgments, powers or abilities to get things done.

WEEK 1 Self-reliance defined: What does it mean? What can I do by myself?

WEEK 2 Being self-reliant: What helps or hinders self-reliance?

WEEK 3 Trying again or asking for help: How do we proceed?

WEEK 4 Self-reliance goals: What do I want to try this year? What's my plan?

Dear Family,

This month we will focus on the powerful word; "self-reliance."

Instilling a sense of self-reliance in our children is a bit of a balancing act. We must know how much to help in order to build confidence and how much (and when!) to let go to build independence.

We want to give children enough freedom to encourage exploration and critical thinking without pushing them too fast such that they completely lose their footing and their faith in themselves. Challenging them to reach a little outside of their comfort zone is important even if they falter a bit, of course. It takes patience, flexibility and a lot of trial and error!

Self-reliance is also dependent upon self-trust. Self-reliant children must learn to trust their own powers, judgments, and abilities. This can be challenging, of course, when self-reliance

means that the road is tougher, slower and often filled with mistakes. Part of self-reliance is getting back up after falling, trying again after failing and charging forward after repeated setbacks.

It can be challenging to watch our children struggle but when we allow them to accomplish a developmentally appropriate task on their own, they gain confidence and learn that they can do it by themselves. Research tells us that the more we find ways to allow our children to take the lead in their lives, the happier and more capable they will feel.

In fact, while parents can sometimes worry that their children may feel frustrated by the fact that their parents are not doing enough for them, studies show that parents who support their children's need for autonomy tend to be viewed more positively by their children. Other studies also show that parental over-involvement that does not

allow for the development of self-reliance may lead to higher levels of depression and anxiety in children and teens. Self reliance allows children to gain competence and confidence.

As children's need for autonomy increases over time, we must help them build faith in themselves as they strive to become independent young adults. This month is a great time to partner with us on helping your children thrive in this area.

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—Your Motivated and Dedicated Instructors

UPCOMING POWERFUL WORDS

APRIL	KINDNESS
MAY	FOCUS
JUNE	SELF-ESTEEM