

Three Pillars for Parenting Success

By *Aliesha Embleton*

Your child needs resilience, authenticity, and an entrepreneurial spirit to succeed in life.

Unfortunately, current society, parenting and teaching methodologies are not set up to give your child these gifts, and instead, in many ways, do the opposite. We are seeing the product of this through the increased rates of anxiety and depression in children.

Research shows that 13.6% of Australian children aged 4-11 experience a mental health disorder, and that 50% of adult mental illness begins before 14 years of age. Children who are struggling are at greater risk of continued problems in adolescence and adulthood.

As parents, you want something different and better for your child. The good news is the action you take now will support transforming the landscape of your child's lifestyle. Developing these fundamental pillars (resilience, authenticity and an entrepreneurial spirit) with your child early will significantly improve their life.

Resilience, in your context as parents, is about supporting your child to develop the skills to remain in balance in all facets of their life. It's possible to strengthen your child's resilience at any age and are most adaptable early in life. The earlier you support this development of coping skills and protective experiences, the earlier you're setting them up for success. Taking on new challenges is essential for the development of resilience.

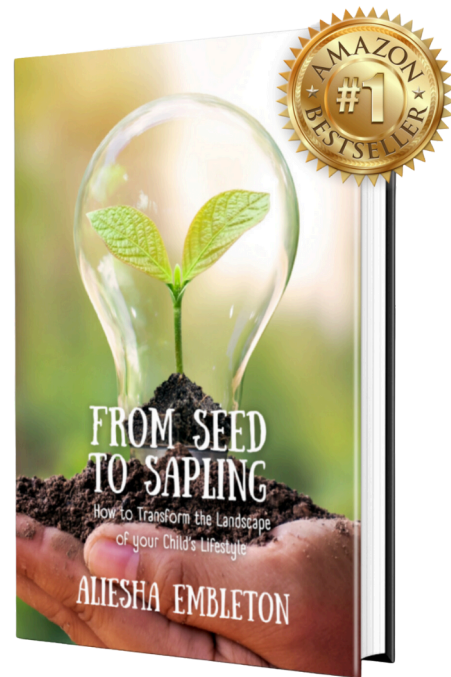


Encourage your child to step out of their comfort zone and try new things. Whether it's starting a new project, joining a club, or trying a new sport, support their efforts and provide a safe space for them to explore interests. How many times as a parent have you said to your child “Just be yourself”? Maybe it was when they were nervous on their first day of school, or when they were going on their first play date alone at a friend's house. If the concept of “Who am I?” is something that many adults struggle with, how do we expect children to understand how to be themselves without guidance?

Authenticity is built upon self-trust and self-confidence. This is your child having the ability to recognise, honour, and trust their feelings (both good and bad), and then act in a way consistent with their values. Helping your child understand and manage their emotions supports developing a strong sense of self. Teach them to recognise and articulate their feelings and provide strategies for coping with difficult emotions. Emotional intelligence is key to building authentic relationships and navigating social situations.

At one point or another, we've all heard a child say “When I grow up I want to be...”. Your child's ideas may be perceived as being big dreams and potentially unachievable. However, this is an important time as they are learning from your reactions and modelling as parents. Entrepreneurial spirit is your child's innate creativity, self-motivation, drive to chase their dreams, willingness to take risks, and a positive perception of failure.

These are fundamental skills for succeeding across all facets of our lives; work, home and socially. As adults our self-motivation underpins us showing up at the gym each week, creativity shows in the beautiful décor around your home, and your ability to be resilient in the face of failure is learning to drive a car or to do anything for the first time.



Foster this mindset in your child by recognising and celebrating your child's initiative and efforts, regardless of the result.

As I'm sure you would agree, these three pillars are critical for your child to succeed in life and will help you create a lifestyle for your child that is filled with wonder.



Aliesha Embleton is a best-selling author, child development coach and keynote speaker. With a passion for transforming lives and a keen intellect, she is one of the brightest minds in childhood coaching today. Aliesha's approach to new ways of childhood lifestyle development will help you realise your child's full potential.

