

Happy, Healthy and Successful Children

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Why?

- * We want our children to be happy, healthy and successful
- * We want information to help make choices
- * We want our children to be able to be the best that they can be to reach their potential

Aims

- * To help your child be more confident and increase their self esteem
- * You will be more confident about what to say and do with your children
- * You will have clarity about a healthy, happy and successful mindset

Challenges

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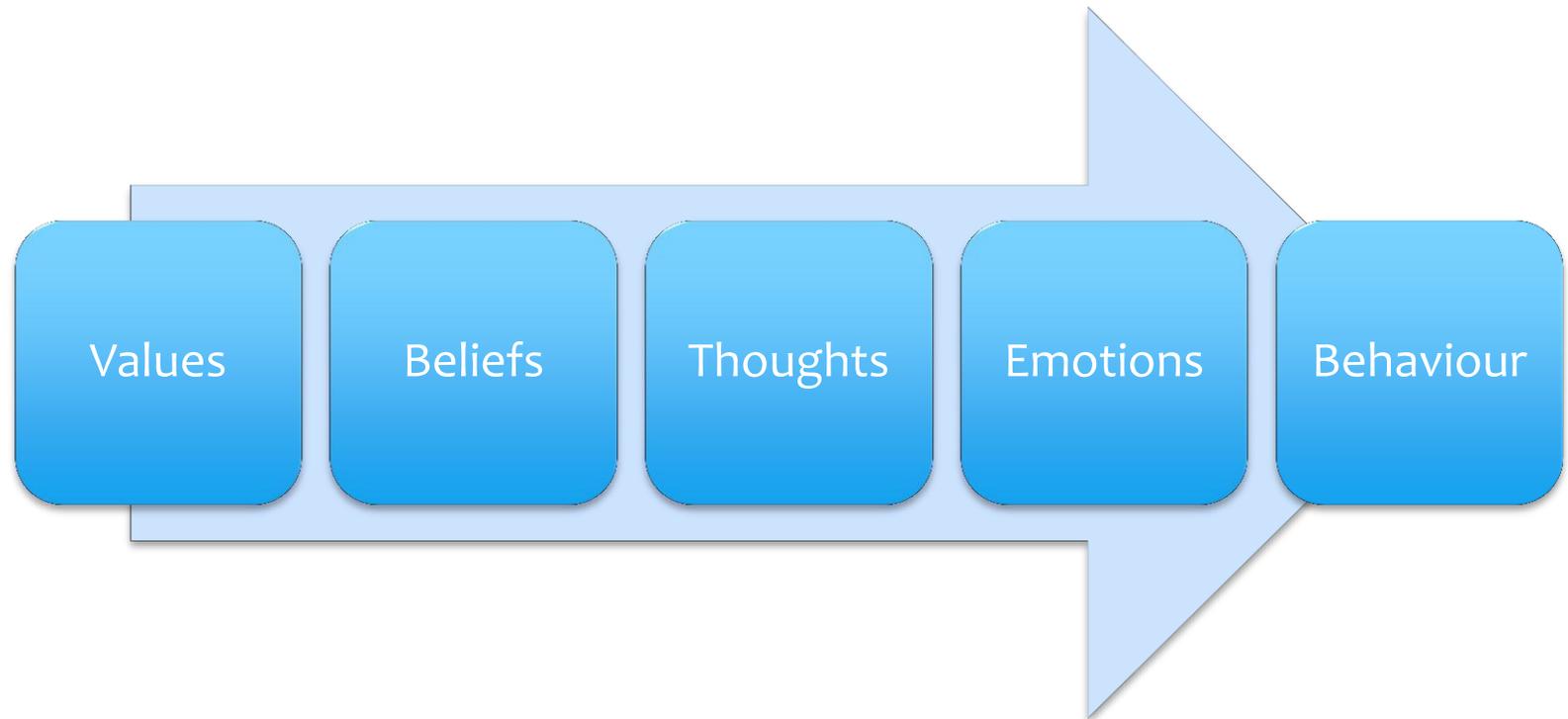
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What do children Need?

- * Safe
- * Love
- * Valued
- * Play
- * Freedom

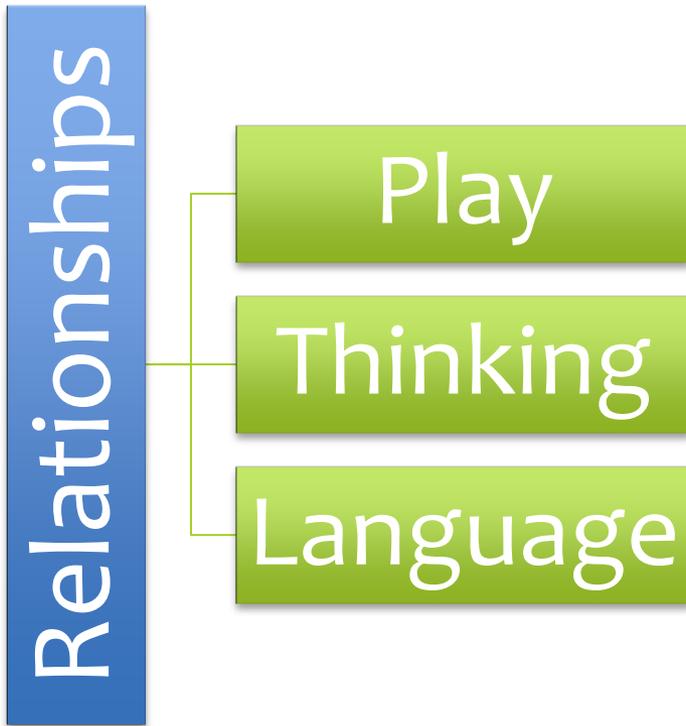
Where do we focus?



Beliefs

- * I am safe and secure
- * I am loved and lovable
- * I am enough
- * I am understood and valued
- * I have choice and freedom

Facilitating Positive Beliefs



Relationships



Relationships

- * Help them feel known and understood
- * A warm and trusting relationship is the strongest foundation to perspective taking
- * Use everyday moments and stories to talk about their and other people's perspectives
- * Role model positive connections 'what could this person be thinking and feeling?'

Relationships

'A friend is one who knows you as you are, understands where you have been, accepts what you have become and still allows you to grow.'

William Shakespeare

Play



Play

- * Helps children set their own tasks and aims
- * Play uses why, what, where, who and how
- * Show genuine interest in what the child is doing – notice rather than judge
- * Helps them learn to bring themselves under control with self calming and attention building into everyday activities
- * Facilitates working memory

Play

“Play is the highest form of research.”

Albert Einstein

Thinking



Thinking

- * Facilitate making connections in a fun and play orientated way
- * Making mistakes is part of learning – articulate ‘What did you do to help?’ ‘Have you seen that before?’
- * Thinking and making connections comes from opportunities for exploration and play
- * Facilitation rather than direction promotes creativity – expecting the right answer restricts play

Thinking

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."

George Bernard Shaw

Language



Language

- * Facilitating an environment where listening, valuing and responding are important
- * Narrate experiences and use talk beyond the here and now – what if?/ remember when?/ what do you think?
- * Tell stories about your life and ask children to tell stories about theirs. Read for enjoyment and comprehension by relating to life experiences
- * Some children communicate visually and kinesthetically rather than verbally

Language

‘If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.’

Nelson Mandela

The Why Parent

- * **Wellbeing**
- * **Happiness**
- * **You**

Group parent coaching in schools.

- * **Positive**
- * **Attachment**
- * **Resilience**
- * **Enjoyment**
- * **Now**
- * **Thanks**

Focusing on positive beliefs.

Raising happiness levels and self esteem of parents and children.

Reflections

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Reflections

‘Happiness is when what you think, what you say, and what you do are in harmony.’

Mahatma Gandhi

Bibliography

Martin Seligman - **Flourish**

Carol Dweck - **Mindset the psychology of success**

Barbara Frederickson - **Positivity**

Alfie Kohn - **Unconditional Parenting**